

## Counselling

Services provided include personal counselling, child and family counselling, and crisis intervention. All counselling services provided by Gladstone Regional Council Community Advisory Service are non-judgemental and confidentiality is assured.

Appointments are available  
Monday -Wednesday from 9.30am - 2.30pm

## Education Programs

Education Programs are held throughout the year. See inside brochure for the range of programs and workshops available.

For further information on the programs or to make a booking, please contact the reception team at the Community Advisory Service on 4976 6300 or email [cas@gladstonerc.qld.gov.au](mailto:cas@gladstonerc.qld.gov.au)

**Lifeline:** 13 11 14

**Beyond Blue:** 1300224636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Mensline:** 1300 789 978

**Salvo Care Line Qld:** 1300 36 36 22



**Family Support Officer**  
**Gladstone Regional Council**  
**Community Advisory Service**  
**142 Goondoon Street**  
**Gladstone**  
**PO Box 29 DC**  
**Gladstone 4680**

**Phone: (07) 4976 6300**

**Fax: (07) 4972 6557**

**Email: [cas@gladstonerc.qld.gov.au](mailto:cas@gladstonerc.qld.gov.au)**



# Family Support Program



**Community Advisory Service**  
**142 Goondoon Street**  
**Gladstone 4680**  
**Ph: 07 4976 6300**

## Rebuilding Relationships

Rebuilding Relationships is an 8 week educational program designed to turn the ending of a relationship experience into a learning experience. The program is presented in a non-threatening and enjoyable way and is not only centred on separation / divorce recovery, but is also about people learning to take charge of their lives. Their increased knowledge can also assist them with their life, whether personal, social or work related.

By the end of the program participants will understand the symptoms and process of grief. They will have strategies and knowledge to develop positive and appropriate ways to express anger and be able to identify the style and dynamics of their past relationship that may have contributed to the separation.

Men and women of all ages who have ended a love relationship can attend regardless of whose decision it was to end the relationship and how long ago it ended. The program is designed for people who continue to experience pain from the ending of their relationship and would like to move on.

If you are feeling stuck after the end of a relationship then this program is for you. Week one, with an overview of the program, is free, while weeks 2 to 8 have a \$5 per week charge to cover materials.

## Positive Directions Assertiveness not Anger

It is so easy to be reactive. You can get caught up in the moment and say or do things you don't mean.

If this sounds familiar and you want to overcome such impulses, Positive Directions - Assertiveness not Anger is the course for you.

The four-week program assists people to deal with the issues surrounding anger. Being responsible for your emotions can mean being 'response-able' - able to choose your own response.

The program is developed around awareness, acknowledgement of consequences and the development of ways and means to assist individuals in becoming 'response-able'.

With a strength-based and educational approach this program assists in the development of personal empowerment while explaining the essentials in becoming emotionally pro-active.

The four-week program has a \$5 per week cost to cover materials.

## FREE Workshops

**101 Ways to Treat Yourself Well** is a 3 hour workshop. The workshop will look at how you can get better at treating yourself well and why this is important.

**Living Positively Optimistic** is a 3 hour workshop to explore the benefits of and the strategies to have a more positive and enjoyable life.

Learn how to:

- Stay positive more of the time
- Recover faster from setbacks
- Influence others to be more positive

**Dealing With Difficult People** is a 2 hour workshop. Do you avoid certain people because of the possibility of conflict? Do you hate confrontation? Then this workshop is for you..

*All Workshops are held on Tuesday evenings from 6pm.*

*Bookings are essential.*

*Phone the Community Advisory Service on 49766300*