For more information please contact our Keeping Families Safe Counsellors on 9784 8100

15/7/15
6-8 pm
Light Dinner provided

The information contained in the brochure is intended to support, not replace, discussion with your doctor or healthcare professionals.

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PENINSULA HEALTH
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SERVICE INTEGRITY COMPASSION RESPECT EXCELLENCE

Community Health
Keeping Families Safe
Group Program

IN PARTNERSHIP,
Building a Healthy Community
The program assists adolescents to:

- Take responsibility for their abusive behaviour
- Learn how to communicate with respect when experiencing feelings of frustration, upset or anger
- Learn how to resolve conflict without abuse
- Understand how their abusive behaviour affects others
- Recognise that they have a choice about their behaviour
- Develop skills to enhance their own happiness.

The program assists parents with:

- Ways to keep themselves and others safe in the home
- How to support their adolescent to make changes
- Developing a positive relationship with their adolescent
- Understanding the importance of modelling respectful behaviour for their adolescent
- Gaining support and advice from other parents through group participation.