

## WIRC SUPPORT GROUPS, COURSES & INFORMATION SESSIONS

Course Name/Description	Venue/Date/Time	Cost/Contact
<p><b>Thinking Thursdays</b> Lunchtime information sessions for women in paid employment. Presented by professional guest speakers, providing information and basic strategies on current issues affecting women's lives. Topics include: communication skills in the work place, self esteem and assertiveness, managing life /work responsibilities, health and wellbeing, goal setting and more.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p>Usually 3rd Thursday of the month 12.30 – 1.30pm</p> <p>23 Feb, 29 Mar, 26 Apr, 24 May and 28 June</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076</p> <p><a href="mailto:wirc@act.gov.au">wirc@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a> Ring for bookings and further information</p>
<p><b>Relationship Separation Information Sessions</b> A joint project between Women's Legal Centre and WIRC. This session is designed for women facing the process of separation. Topics presented will be on general Family Law issues. Referrals for individual issues can be given after the session.</p>	<p>Venue and dates TBA</p> <p>1.00 – 2.00pm 1–1.30pm – Property Settlement 1.30 – 2pm – Children's matters</p> <p>Bookings essential</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076 <a href="mailto:wirc@act.gov.au">wirc@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a></p>
<p><b>Moving On After Separation</b> A six week group for women who have separated from a non-abusive relationship. This is a support group for women wanting to look at the process of separation, share experiences and develop strategies to find positive outcomes in this new life stage. Groups will be run if there are sufficient numbers. Expressions of interest are sought.</p>	<p>Venue TBA</p> <p><b>Term 1:</b> Tuesdays 21 Feb – 27 March 5.30 – 8.30pm Bookings essential</p> <p>Informal interview is required</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076 <a href="mailto:wirc@act.gov.au">wirc@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a></p>
<p><b>It is Time to TALK Domestic Violence Support Group</b> An eight week group for women who have been in an abusive relationship in their adult lives. This is a small safe group lead by an experienced group leader. The program aims to help women to: explore the effects of living in an abusive relationship; develop an understanding of the types of domestic violence; increase self-esteem; find new ways of relating to self and others and gain a sense of control of their lives. The group will be run if there are sufficient numbers. Expressions of interest are sought.</p>	<p>Venue TBA</p> <p><b>Term 1:</b> Tuesdays 14 Feb – 3 April 10am – 1pm</p> <p><b>Term 2:</b> Thursdays 17 May – 7 June 10am – 1pm</p> <p>Bookings essential Informal interview required</p> <p>Assistance with payment for <b>accredited</b> childcare may be available.</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076 <a href="mailto:wirc@act.gov.au">wirc@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a></p>

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<p><b>Anger Management</b></p> <p>Life is more stressful and we have less time to enjoy our lives, often resulting in our interactions with others being stressed and with conflict. This is a six week course for women who want to develop an awareness of the causes and triggers of anger and strategies for managing anger. Topics include: concepts of effective communication, assertiveness and self-esteem, recognising negative thinking patterns and techniques for managing triggers and positive problem solving.</p>	<p>WIRC, Gr FI, London Court Bldg 13 London Cct, Canberra City</p> <p><b>Term 1:</b> Fridays 17 Feb – 23 March 10am – 1pm</p> <p><b>Term 2:</b> Wednesdays 16 May – 20 June 6 – 8.30pm</p>	<p>\$80 \$40 concession</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 6205 1075 <a href="mailto:wirc@act.gov.au">wirc@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a></p>
<p><b>Self Esteem/Assertiveness</b></p> <p>A 6 week course to assist women in becoming more assertive by increasing their understanding of self acceptance and therefore gaining self confidence. Concepts covered in the group include: self talk, assertive communication, self care and identifying personal strengths.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p><b>Term 1:</b> Wednesdays 22 Feb – 28 March 6.30 – 8.30pm</p> <p><b>Term 2:</b> Tuesdays 8 May – 12 June 6 – 8.30pm</p>	<p>\$80 \$40 concession</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075 <a href="mailto:wirc@act.gov.au">wirc@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a></p>
<p><b>Communication Skills and Rapport Building</b></p> <p>A two days workshop providing information on how to improve your personal and professional relationships and effectiveness by becoming a charismatic communicator. This interactive workshop aims to provide skills in how to: use your preferred communication style and that of others; build rapport easily, face to face, over the phone and even through email; as well as the other essentials of skilful communication.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p><b>Term 1:</b> Wednesday 28 and Friday 30 March 10am – 4pm</p> <p>Morning and afternoon tea will be provided.</p>	<p>\$200 Concession by negotiation</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075 <a href="mailto:wirc@act.gov.au">wirc@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a></p>
<p><b>Dealing with Difficult People</b></p> <p>This one day workshop is an interactive and practical workshop to build skills in navigating tricky people with simple techniques that will assist participants to work with anyone. The workshop explores:</p> <ul style="list-style-type: none"> <li>• Types of difficult behaviour and how to understand what might be driving them.</li> <li>• How to choose a communication response rather than feel driven to a reaction.</li> <li>• What helps to build good relationships with even the most difficult people.</li> </ul>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p><b>Term 1:</b> Tuesday 10 April 10am – 4pm</p>	<p>\$100 Concession by negotiation</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075 <a href="mailto:wirc@act.gov.au">wirc@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a></p>

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<p><b>Negotiating with Emotional Intelligence</b></p> <p>Emotional intelligence is critical to understanding both yourself and those you have to negotiate. This one day workshop explores the elements of emotional intelligence and how to apply them to negotiations. The workshop will assist participants to acquire strategies that enable them to be versatile and adept emotionally intelligent negotiators. Course topics will address: the principles of emotional intelligence; using emotionally intelligent negotiation approaches; creating good will and understanding.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p><b>Term 2:</b> Wednesday 20 June 10am – 4pm</p>	<p>\$100 Concession by negotiation</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075</p> <p><a href="mailto:wirc@act.gov.au">wirc@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a></p>
<p><b>Conflict Resolution</b></p> <p>This one day workshop is designed to assist women to handle conflict constructively. Participants will learn to identify conflict and potential triggers, as well as strategies for managing the powerful emotions conflict can generate. The workshop will offer women techniques in managing conflict and creating a safe and supportive environment.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p><b>Term 2:</b> Tuesday 15 May 10am – 4pm</p>	<p>\$100 Concession by negotiation</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075</p> <p><a href="mailto:wirc@act.gov.au">wirc@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a></p>
<p><b>7 Types of Busy</b></p> <p>Have you ever wondered what the difference is between being busy and leading a full life? This six- week course will look at reducing the frantic and increasing the functional parts in women's life. The course aims to provide:</p> <ul style="list-style-type: none"> <li>• Descriptions on the 7 types of busy and how they complicate your life.</li> <li>• First aid for the chronically overwhelmed.</li> <li>• Self-assessment quiz to determine burnout.</li> </ul>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p><b>Term 1:</b> Thursdays 1 March – 5 April 6.30 – 9pm</p>	<p>\$80 Concession by negotiation</p> <p>Women's Information and Referral Centre Ph: 6205 0303 or 62051075</p> <p><a href="mailto:wirc@act.gov.au">wirc@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a></p>
<p><b>Career Information Sessions</b></p> <p>A series of four consecutive information sessions conducted by professional facilitators. The sessions include: "Getting Yourself Ready for the Workforce" - bridging the out of work gap, "Getting the Skills for the Job" - training and work opportunities, "Getting the Job" - career objectives and resume writing and "Preparing for interview and Interview skills". The workshops are presented as a package and women are encouraged to attend all four.</p>	<p>WIRC, Gr FI, London Court Bldg, 13 London Cct, Canberra City</p> <p>Dates &amp; Times TBA Daytime Booking is essential</p> <p>Assistance with payment for <b>accredited</b> childcare may be available.</p>	<p>Free Bookings essential Women's Return to Work Grants at Women's Information and Referral Centre</p> <p>Return to Work Coordinator Ph: 6205 2885 <a href="mailto:rtw@act.gov.au">rtw@act.gov.au</a> <a href="http://www.women.act.gov.au">www.women.act.gov.au</a></p>