

Relationships Australia

NEW SOUTH WALES

Media release

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New Pit Stop for Men and Relationships

Relationships Australia, Gosford is expanding services to support the needs of local men and is now offering a new program for men to talk about their relationships and access support if required. The new program starts in Gosford next week.

“Gosford men are increasingly interested in learning how to manage their relationships with their partners, kids, friends and workmates a little better. Some men even have support from their boss to attend a program. To respond to this need we are offering a new discussion group which starts on Tuesday 25 May, in Gosford. It’s a new pit stop for men to maintain good relationships,” said Chris Hardwick, Relationships Education Program Coordinator.

“Most men are pro-active when it comes to maintaining their finances, cars and property – this new program is the opportunity to focus on their relationships at work and home.”

“Feedback from men attending other groups has shown us that men do like to get together, swap ideas and hear how other men are handling things,” says Chris Hardwick. “We ran a men’s stress management seminar late last year and received great feedback from the men who attended”.

Relationships Australia also offers a ‘Conflict Management, Communication & Negotiation Skills’ program, which is especially designed to assist men of all ages and across all stages of life. The program content includes:

- Understanding your reactions and emotions during conflict
- Developing skills to assist you deal with difficult or angry feelings
- Enhancing communication skills
- Learning ways to resolve conflict
- Developing negotiation skills.

“Nothing affects your happiness and wellbeing more than the quality of your relationships,” Chris Hardwick said. “It’s important to know how to build strong relationships with the help of new and practical skills. Positive relationships rely on being aware of your own needs, having good communication and being able to negotiate issues as they arise.”

This men’s only program is run by Relationships Australia in Gosford. For more information about this and other Relationships Australia education programs phone 49 401 500.

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Chris Hardwick, Relationships Education Program Coordinator, Gosford is available for media interview.

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