

Future Positive: Strengthening Relationships Workshops

These workshops have been developed specifically for members of the Orthodox Jewish Community in consultation with Rabbi Yonason and Mrs Rivka Johnson. They are evidence-based, respectful, skills-orientated and interactive and will be delivered by Relationships Australia Victoria, leaders in supporting positive relationships. The workshops involve some presentation time to teach ideas and concepts, but much of the time will allow couples to work together on their own with guidance from our experienced facilitators.

What does it cover?

The first workshop will focus on what makes committed relationships succeed. It will explore how to build on the positives, regulate the negatives, and maintain and deepen your connection.

The second workshop will focus on dealing with the common challenges that can stress any relationship. It will explore ways of holding onto a shared vision whilst working through differences and coping with difficulties.

Who is it for?

Any couple interested in knowing more about what makes marriages succeed, in developing skills about how to achieve successful marriages and learning how to navigate common difficulties.

When:	Sundays.
Duration:	2 x 3-hour workshops
Where:	90 Hotham Street
Cost:	If you have registered for an Australian Government <i>Stronger Relationships</i> subsidy and use this subsidy towards the program, the workshops cost \$20 per couple. For couples who do not have a subsidy, register your interest in the workshop and a price will be negotiated with RAV.

About Relationships Australia Victoria (RAV)

RAV is a valued provider of family and relationship support services in Victoria, and delivered services and programs to over 17,000 clients last year. RAV has its roots in the marriage guidance movement developed in Melbourne in 1948 in response to deep concern at the impact of the Second World War on marriages. With 12 centres across the state and additional outreach sites, RAV offers a diverse range of services including relationship education, couple and individual counselling, training programs, specialist therapeutic services and family mediation.

A not-for-profit organisation with no religious affiliation, we respect the rights of all people in all their diversity to live life fully within their families and communities with dignity and safety, and to enjoy healthy relationships.

About the facilitators

Psychologist Helena Deacon-Wood is a counsellor at RAV and co-facilitates Good Connecting, a course developed by renowned relationships experts John Gottman and Julie Schwartz-Gottman. Helena also teaches counselling and group skills at La Trobe University to trainee psychologists and counsellors.

Graham Hocking has many years' experience in relationship education and counselling and holds a Graduate Diploma in Relationship Counselling. Graham works with individuals and couples in private practice as a registered professional counsellor, and facilitates RAV relationship skills courses.

Book early to secure your place. Workshops will be subject to demand, however places are limited.

Contact Rivka Johnson: Phone 0481 343 394 or email adeiad@yeshivahcentre.org

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