

I am interested in finding out more about The TassieMale Group

My Name:

Phone:

OR address:

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Special interests for me are:

Men's health

Family relationships

Men in society

Self fulfillment

Management of stress and conflict

Networks and connections

Other (please list):

Mail to:

TassieMale Group
20 Clare Street
New Town 7008
Fax: 6279 5073

About TassieMale

TassieMale is a Tasmania-wide service for men facing challenges in personal relationships and/or other areas of life.

Short term individual counselling is available. In addition, TassieMale provides community education through informal evening sessions, short courses and group programs.

The service is free and confidential.

Relationships Australia Tasmania has offices in Hobart, Launceston and Devonport, and provides services in other regional centres.

The organisation also offers:

- Counselling
- Gamblers Help for problem gambling
- Reconnect
- Children's Contact Service (CCS)
- Mediation
- Parenting Orders Program
- Education Program
- Rural Support

More information is available through the phone numbers listed on the front of this brochure.

The TassieMale Group

A free and confidential service



For men seeking to build a more rewarding family and personal life.

2 hours weekly, over 8 weeks.

To book your place, or for more information

Please complete the attached form or call Guy Lewis, TassieMale facilitator, during business hours:

20 Clare Street New Town Tas 7008

Ph: 1300 364 277

Fax: 6279 5073

email:admin@reltas.com.au

TassieMale is a program of
Relationships Australia Tasmania

Across the 8 week program we aim to explore a range of important topics, including the following:

Being a man today

- Changes over recent times
- The 'new man' – hero, victim, villain, bystander?

Family Life

- The role of men in the family
- Relationships – partner, children, family, friends & community
- Navigating family breakdown and finding new directions

Dealing with emotions

- Why do we need emotions?
- Anger and 'anger management'
- Sexuality, desire and intimacy
- Emotional awareness - what is it and what will it do for me?

Health and wellbeing

- Is being healthy the same as not being sick?
- Options for self-responsibility in health
- Obstacles to wellness

Balancing work, family and play

- What are the demands on my time and energy?
- Prioritising – what really is important?
- Stress management

Men and friendships

- What do I need, outside my family and my work?
- How is friendship different from a 'relationship'?
- Breaking down male isolation
- Men's groups – what does it take?
- Where to from here?

The TassieMale Group

Support for men facing challenges and change

At TassieMale, we understand that many men going through life's transitions may find it difficult to talk about what is on their minds.

At the same time we believe that sharing ideas, experience and knowledge can open new and satisfying directions in personal, family and community life.

Venue and Times

Relationships Australia Tasmania
20 Clare Street
New Town

Food will be provided

For more information please ring on
1300 364 277 or email admin@reltas.com.au

Join The TassieMale Group to explore the meaning of life in today's world... what it means to be a man... how to balance all the demands and expectations... how to face each day with confidence and anticipation...

The TassieMale Group runs periodically during the year. Meetings are held one evening (2hrs) per week, over 8 weeks. Participants are encouraged to be present for the complete series but may attend individual sessions as convenient. It is expected that they will gain skills, knowledge and awareness in areas of interest, and feel more confident in effectively resolving personal issues.

TassieMale facilitators are experienced in conducting group sessions that are safe, productive and enjoyable for participants. Each meeting includes a mix of professional presentation, guided activities and free time for discussion and planning.

Subject matter is partly directed by the needs and interests of participants. The agenda listed opposite is therefore just an indication of the rich variety of topics that may be included.

Relationships Australia[®]
TASMANIA

1300 364 277

tas.relationships.org.au