

# Free Community Presentations

– in conjunction with **GOLD COAST ACTIVE AND HEALTHY**  
June 2017 to June 2018 in four Gold Coast locations



Fabic multi-disciplinary Behaviour Specialist Centre have teamed up with the Active & Healthy Program offered by Gold Coast City Council to bring a series of complimentary well-being workshops to the Gold Coast community.

All workshops are free and will be held at one of four locations.

1. Fabic Behaviour Specialist Centre – Worongary Town Centre 1 Mudgeeraba Road Worongary (**bookings 07 55 305 099**)
2. Nerang Library – 28 White St Nerang (**bookings 07 5581 7180**)
3. Southport Library – Cnr Garden and Lawson Streets, Southport (**bookings 07 5581 7200**)
4. Robina Library – 196 Robina Town Centre Dr, Robina (**bookings 07 5581 1600**)

Numbers are limited due to space, so bookings are essential. Dates, topics and locations are provided on the reverse of this page; please call relevant location to secure your place for your chosen talk.

## Topics Include:

1. Perfectionism ... the Impacts of Perfectionism on Our Anxiety and Everyday Life
2. Parenting Tips around Behaviour Management
3. Sadness, Grief and Loss – how to change our own experience
4. An Introduction to Understanding and Changing Unwanted Behaviours
5. Supporting Each Other in Relationships during the Festive Season
6. Anxiety and Its Impacts on our Unwanted Behaviour
7. Developing Social Skills to Support Positive Interactions
8. Understanding Autism Spectrum Disorder
9. Addictive Behaviours – how to bring lasting change

**Free Events**  
2017 / 2018

4 locations

Fabic Behaviour  
Specialist Centre

3 different libraries

Bookings required.  
Contact library hosting  
workshop or Fabic

## About the Presenters:

Tanya Curtis is a Senior Behaviour Specialist working in the mental health field since 2002. At Fabic she and her team support people to understand and change unwanted behaviours by offering psychology, speech therapy, occupational therapy, counselling and behaviour specialist services.

For more about Tanya Curtis visit: [www.tanyacurtis.com.au](http://www.tanyacurtis.com.au)



BEHAVIOUR SPECIALIST CENTRE

[www.fabic.com.au](http://www.fabic.com.au) +61 7 55 305 099

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DATE	TIME/VENUE	PRESENTER	TOPIC	DESCRIPTION
Saturday 26th August 2017	10.00am to 11.00am  Nerang Library	Tanya Curtis Fabic Behaviour Specialist	<i>Parenting Tips around Behaviour Management</i>	Parents are dealing with children's behaviours all day every day, yet children and their behaviours don't come with a manual. Learn some practical tips for managing children's behaviours.
Wednesday 4th October 2017	6.30pm to 7.30pm  Fabic	Tanya Curtis Fabic Behaviour Specialist	<i>Sadness, Grief and Loss - how to change our own experience</i>	Sadness, grief and loss can have a huge impact on our psychological wellbeing. Learn how to truly deal with these emotions and change your own experience to bring back joy into your life.
Saturday 18th November 2017	10.00am to 11.00am  Nerang Library	Tanya Curtis Fabic Behaviour Specialist	<i>An Introduction to Understanding and Changing Unwanted Behaviours</i>	Are you using behaviours that you would prefer not to be using? Or perhaps you know of someone who is using unwanted behaviours. In three simple ways you can learn how to understand and sustainably change any unwanted or non-preferred behaviour.
Wednesday 6th December 2017	6.30pm to 7.30pm  Fabic	Tanya Curtis Fabic Behaviour Specialist	<i>Supporting Each Other in Relationships during the Festive Season</i>	Often family tensions increase and relationships break down during this time. Learn why this is so and how we can play our part in laying the foundations for a positive and loving experience for all.
Thursday 8th February 2018	6.00pm to 7.00pm  Southport Library	Tanya Curtis Fabic Behaviour Specialist	<i>Anxiety and its Impacts on our Unwanted Behaviour</i>	Is it possible that everyone experiences anxiety on a regular basis at varying intensity? Do we also have unwanted behaviours that we'd prefer not to be using? This talk explains how our anxiety impacts on our unwanted behaviours.
Thursday 22nd March 2018	5.30pm to 6.30pm  Robina Library	Tanya Curtis Fabic Behaviour Specialist	<i>Developing Social Skills to Support Positive Interactions</i>	Knowing how to create positive social interactions is a skill which needs to be taught and not expected. Learn how to develop these skills for yourself or to be able to teach others.
Saturday 12th May 2018	10.00am to 11.00am  Southport Library	Tanya Curtis Fabic Behaviour Specialist	<i>Understanding Autism Spectrum Disorder - how to reduce anxiety and unwanted behaviours</i>	People with an ASD experience the world very differently compared to their peers. Learn how to reduce the anxiety and unwanted behaviours that are occurring due to their different experience of life.
Saturday 2nd June 2018	10.00am to 11.00am  Southport Library	Tanya Curtis Fabic Behaviour Specialist	<i>Addictive Behaviours - how to bring lasting change</i>	When we struggle to let go of a particular behaviour or substance that we genuinely want to stop, there is a level of addiction to this behaviour. Learn how to effectively bring lasting change to any of these unwanted addictive behaviours.

