

Free Community Presentations

in conjunction with **GOLD COAST ACTIVE & HEALTHY**

June 2018 to June 2019 — presented by Tanya Curtis



Fabic multidisciplinary 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 community.

All workshops are free, informative and very supportive and cover a wide range of topics that, without a doubt, affect us all at some point in our lives.

Topic	Date <i>Time: 6.30 – 7.30pm</i>	Description
Anxiety and your everyday life	Wednesday 18 th July 2018	Is anxiety affecting you and your quality of life? Tanya Curtis will share three simple effective steps to reduce anxiety and improve your quality of life.
Parenting behaviour tips	Thursday 30 th August 2018	Parenting does not come with a manual and can feel like one of the hardest jobs around. Let's discuss some behaviour tips to support you and your family.
Mental health ... it's not so scary	Wednesday 19 th September 2018	Mental health can be a scary topic and one that we avoid. We will explore how mental health is more normal than we think and how to adopt a language and way of being that supports us all.
Communication in relationships	Tuesday 23 rd October 2018	Whether it be with your partner, children, colleagues, friends, or family – communication can be one of the biggest obstacles. We'll explore ways of communicating that supports all.
Perfectionism	Wednesday 28 th November 2018	Perfectionism is a hidden epidemic affecting the quality of life for all ... this forum will explore what perfectionism is and how to eradicate it from our life.
Re-solutions	Thursday 31 st January 2019	Every year we vow to never repeat certain behaviours but before too long we find them or something similar returning. We'll discuss what's going on and how to bring lasting behaviour change.
Depression does not need to be forever	Wednesday 27 th February 2019	Depression for many feels like a lifelong condition, but it doesn't need to be. We'll discuss the who's, what's, when's, why's and how's of depression.
Autism Spectrum Disorder (ASD)	Wednesday 27 th March 2019	A growing epidemic that is now more common. Let's discuss the ins and outs of ASD in a way that brings more understanding to this topic.
Bullying – what is going on?	Wednesday 1 st May 2019	Bullying happens in our schools, homes, workplaces, everywhere in fact and it concerns us all. Why is it getting worse and what can we as members of our community offer to help turn this epidemic around?
Addictions – can they really change?	Thursday 20 th June 2019	In short, yes. Whether you or someone you know is addicted to drugs, alcohol, food, people, gambling, screens or some other unwanted behaviour, let's explore what is really going on and how we can bring lasting change.

Numbers are limited due to the available space and bookings are essential.

All workshops are hosted at the Fabic Behaviour Clinic in Carrara, Gold Coast
(The address will be confirmed on booking)

Please call 07 55 305 099 or email info@fabric.com.au to secure your place for your chosen topic

About the Presenter

Tanya Curtis, Senior Behaviour Specialist

Tanya Curtis comes with a wealth of clinical experience, academic qualifications and innate wisdom in the fields of Behaviour Change, Mental Health, Disability and Education.

Tanya is a Behaviour Specialist, counsellor, author, founding director of Fabic Behaviour Specialist Centre and co-founding director of Sunlight Ink Publishing where she authors and publishes children's books and books related to behaviour change.

Tanya has a Masters of Behaviour Management, a Masters of Counselling, a Bachelor of Health Science (Behaviour Management) and an Associate Diploma of Education.

Tanya holds as a foundation that behaviour is what people do and not who people are. Thus she knows that at the core of each and every person is an awesome, amazing, loveable being notwithstanding the fact that some behaviours might benefit from adjustment.



BEHAVIOUR SPECIALIST CENTRE

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