

Free Community Presentations



In conjunction with **GOLD COAST ACTIVE AND HEALTHY**
June 2015 to June 2016 in two 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 will be held at one of 2 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)

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. Understanding the impact of loss, sadness, grief & depression
2. Understanding Asperger's and Autism Spectrum Disorder
3. An introduction to understanding and changing unwanted behaviour
4. Building connections and relationships with children
5. Understanding anger related behaviours
6. Understanding bullying from both the victim and bullies perspective
7. Mental Health - why is it getting worse and not better
8. Relationships and surviving the festive season
9. Social skills and creating positive interactions
10. Anxiety - Does it affect us all
11. Communicating Effectively with People on the Autism Spectrum Disorder
12. Parenting tips around behaviour management
13. Caring for self while caring for others

Free Events 2015 / 2016

2 locations

Fabic Behaviour
Specialist Centre
Nerang Library

About Presenters:

1. Tanya Curtis is a Senior Behaviour Specialist working in the mental health field since 2002. For more about Tanya Curtis visit: www.tanyacurtis.com.au
2. Kathryn Maroney is an experienced Speech Pathologist having worked in Melbourne and now on the Gold Coast since 2014. For more about Kathryn Maroney visit www.fabic.com.au



BEHAVIOUR SPECIALIST CENTRE

www.fabic.com.au +61 7 55 305 099

DATE	TIME/VENUE	PRESENTER	TOPIC	DESCRIPTION
Thursday 6th August 2015	6.30pm to 7.30pm Fabic	Tanya Curtis Fabic Behaviour Specialist	Understanding the impact of Loss, Sadness, Grief and Depression	Loss of any kind (death, job, friendship, relationship, money etc) can have a big impact on our psychological wellbeing when we do not know how to deal with our loss. Learn how to understand and change our loss in a way that supports our wellbeing.
Thursday 20th August 2015	5.30pm to 6.30pm Nerang Library	Tanya Curtis Fabic Behaviour Specialist	Understanding Aspergers and Autism Spectrum Disorders	People with an ASD experience the world very differently in comparison to their peers. Different does not mean wrong, however these different experiences must be understood and not judged.
Thursday 3rd September 2015	6.30pm to 7.30pm Fabic	Tanya Curtis Fabic Behaviour Specialist	An Introduction to Understanding and Changing Unwanted Behaviours	Unwanted behaviour is rarely understood, rather is judged. This presentation will offer Fabic's 3 step process to behaviour change based on understanding & changing behaviour.
Thursday 24th September 2015	6.30pm to 7.30pm Fabic	Kathryn Maorney Fabic Speech Pathologist	Building Connections and Relationships with Children	Explore the ways in which we as adults approach relationships with children offering an understanding on building a foundation with children based on seeing them for the amazingness that they all are naturally in spite of challenges such as unwanted behaviours.
Thursday 1st October 2015	6.30pm to 7.30pm Fabic	Tanya Curtis Fabic Behaviour Specialist	Understanding Anger Related Behaviours	Children, teenagers and adults are experiencing anger related behaviours in our society on a regular basis. These behaviours will rarely change in the long-term unless we first understand the reason for the anger behaviours.
Thursday 29th October 2015	6.30pm to 7.30pm Fabic	Tanya Curtis Fabic Behaviour Specialist	Understanding Bullying from both the victim and bullies perspective	Bullying involves 2 parties. If we are to truly change bullying in our society it will be important to understand the part that both parties play and how best to support each party equally.
Thursday 5th November 2015	5.30pm to 6.30pm Nerang Library	Tanya Curtis Fabic Behaviour Specialist	Mental Health - why is it getting worse and not better	Mental health issues today are increasing and not getting better! This does not make sense when we have more qualified people and research than ever before. Hear a possible explanation as why and what we can do differently as an individual and as a society.
Thursday 3rd December 2015	5.30pm to 6.30pm Nerang Library	Tanya Curtis Fabic Behaviour Specialist	Relationships and Surviving the Festive Season	Xmas time is often the time that family tensions increase and relationships breakdown. Learn to understand why this is so and how we can play our part in laying the foundations for a positive and loving experience for all.
Thursday 14th January 2016	6.30pm to 7.30pm Fabic	Tanya Curtis Fabic Behaviour Specialist	Social Skills and Creating Positive Interactions	Knowing how to create positive social interactions is a skill - a skill that is expected that people automatically have. This is the case for some but not for many. Thus social skills need to be taught and not expected.
Thursday 4th February 2016	5.30pm to 6.30pm Nerang Library	Tanya Curtis Fabic Behaviour Specialist	Anxiety - Does it Affect Us All	Anxiety actually precedes all unwanted behaviour. This talk explores the reasons for anxiety & offer a practical 3 step process that will support lasting changes.
Thursday 17th March 2016	5.30pm to 6.30pm Nerang Library	Kathryn Maorney Fabic Speech Pathologist	Communicating Effectively with People on the Autism Spectrum Disorder (ASD)	This presentation offers an understanding of communication barriers and breaks down when interacting with a person with an ASD. Practical tips of how to communicate with a person with an ASD person to support successful communication will be shared.
Thursday 7th April 2016	6.30pm to 7.30pm Fabic	Tanya Curtis Fabic Behaviour Specialist	Parenting tips around Behaviour Management	Parents are dealing with children's behaviours all day every day, yet children and their behaviours do not come with a manual. Learn some practical tips to support your day that includes managing children's behaviours.
Tuesday 3rd May 2016	6.30pm to 7.30pm Fabic	Tanya Curtis Fabic Behaviour Specialist	Caring for self whilst caring for others	Most people play the role of a carer in some capacity, whether you are a parent, grandparent, teacher, professional, boss, carer for someone unwell or not completely independent. Too frequently carers live in a way that is not completely supporting themselves in this process - learn to understand the impacts this is having on you and the people you are caring for.