

# Free Community Presentations

In conjunction with **GOLD COAST ACTIVE AND HEALTHY**  
June 2016 to June 2017 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 will be held at one of 4 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. Broadbeach Library - 61 Sunshine Boulevard, Mermaid Waters - (bookings 07 5581 1555)
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. 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 2016 / 2017

4 locations

Fabic Behaviour  
Specialist Centre

3 different Library's

Bookings required.  
Contact library hosting  
workshop or Fabic

## About Presenters:

Tanya Curtis is a Senior Behaviour Specialist working in the mental health field since 2002. The behaviour specialist centre supports 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

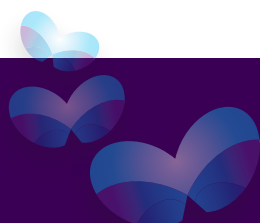
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DATE	TIME/VENUE	PRESENTER	TOPIC	DESCRIPTION
Thursday 25th August 2016	5.00pm to 6.00pm Broadbeach Library	Tanya Curtis Fabic Behaviour Specialist	Understanding the impact of Loss, Sadness, Grief and Depression	How to heal depression, sadness, grief and loss. Loss of any kind can have a big impact on our psychological wellbeing. Learn how to understand our loss in a way that supports our wellbeing and supports to bring joy to our lives.
Thursday 22nd September 2016	6.30pm to 7.30pm Fabic	Tanya Curtis Fabic Behaviour Specialist	The Impacts of Perfectionism on Our Lives	Is perfection holding you back? Perfectionism is contributing to increased cases of low self-esteem, anxiety, stress and impacts on learning outcomes and behaviours. Find out how you can regain control.
Thursday 27th October 2016	5.00pm to 6.00pm Broadbeach Library	Tanya Curtis Fabic Behaviour Specialist	An introduction to Understanding & Changing Unwanted Behaviours via Body Life Skills	Body Life Skills program - the process to changing any unwanted behaviour is as simple as three steps. Learn how these steps can support you in your life.  For more about Body Life Skills <a href="http://www.bodylifeskills.com">www.bodylifeskills.com</a>
Thursday 24th November 2016	6.30pm to 7.30pm Fabic	Tanya Curtis Fabic Behaviour Specialist	Parenting Tips Around Behaviour	Parenting tips around behaviour management. Parents are dealing with children's behaviours all day every day, yet children and their behaviours don't come with a manual. Learn practical tips to managing children's behaviours
Thursday 15th December 2016	5.00pm to 6.00pm Nerang Library	Tanya Curtis Fabic Behaviour Specialist	Relationships & Surviving the Festive Season	Reducing stress and anxiety within the festive season. Often family tensions increase and relationships breakdown 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 2nd February 2017	6.00pm to 7.00pm Fabic	Tanya Curtis Fabic Behaviour Specialist	Understanding Cycles of Abuse	Understanding cycles of abuse – how to not be controlled. Abuse can appear in many differing forms and plays out in cycles. Unless the cycle of abuse is truly healed it will continue to reappear even if the situation looks or presents itself differently.
Thursday 16th February 2017	5.00pm to 6.00pm Broadbeach Library	Tanya Curtis Fabic Behaviour Specialist	Social Skills and Creating Positive Interactions	Social skills and creating positive interactions. Knowing how to create positive social interactions is a skill which needs to be taught and not expected.
Thursday 23rd March 2017	6.30pm to 7.30pm Fabic	Tanya Curtis Fabic Behaviour Specialist	Caring for Self Whilst Caring for Others	Caring for self while caring for others. Most people play the role of a carer in some capacity and frequently they live in a way that is not completely supporting themselves. Learn the impacts this is having on you and the people you are caring for.
Thursday 27th April 2017	5.00pm to 6.00pm Nerang Library	Tanya Curtis Fabic Behaviour Specialist	Building Connections and Relationships with Children	Building connections and relationships with children. Explore the ways adults approach relationships with children offering an understanding on building a foundation with children based on seeing them for the amazement that they all are naturally in spite of challenges such as unwanted behaviours.
Thursday 18th May 2017	5.00pm to 6.00pm Robina Library	Tanya Curtis Fabic Behaviour Specialist	Mental Health - Why is it Getting Worse and Not Better	Mental health - why is it getting worse and not better when we have more qualified people and research than ever before. Hear a possible explanation as to why and what we can do differently as an individual and as a society.



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