

Community Talks

Timetable June 2014 to June 2015



Active & healthy



In conjunction with the Gold Coast City Council's "Active & Healthy Program", Tanya Curtis, Behaviour Specialist & Director of Fabic will be offering free community talks on a current mental health or behavioural topic. Fabic is a behaviour specialist centre based on the Gold Coast that supports people of all ages to "Understand and Change Unwanted Behaviour"... with unwanted behaviour being a term that refers to all of us at some stage! **Bookings are essential and will be taken at the hosting library only (note: bookings cannot be taken via Fabic direct).**

Depression, Sadness, grief & Loss

Nerang Library

Cnr price and White Street, Nerang

Date: Monday 4th August 2014

Time: 10.30-12pm

Cost: Free

Bookings: 55 817 180 (Nerang Library) limited numbers so bookings are essential

Description:

At times our experience of the world can feel overwhelming and all too consuming ... leading to feelings of sadness, depression and at times feelings of "giving up". Much of these feelings can be initiated by a feeling of "loss" ... whether that be loss of a loved one, loss of a job, loss of a relationships or any other loss a person may experience. The reality is most people experience an element of loss on a regular basis but knowing how to be in the world when this loss occurs can often feel all too encompassing. This talk supports people to understand how they might be able to get some form of control back over the situations they currently see as "overwhelming or helpless".

Understanding and Changing Behaviour

Mudgeeraba

Somerset College - Great Hall

Somerset Drive, Mudgeeraba

Date: Thursday 14th August 2014

Time: 5.30-7pm

Cost: Free

Bookings: Fabic 55305099 or email info@fabic.com.au

Description:

To learn to change unwanted behaviours we must first UNDERSTAND WHY the unwanted behaviour is being used. It is imperative to understand that all unwanted behaviours are happening for a reason. This reason is much more important than what the actual behaviour looks like. This talk will provide an introduction to understanding and changing unwanted behaviour(s) used by you or any other persons.

Bullying

Nerang Library

Cnr price and White Street, Nerang

Date: Monday 1st September 2014

Time: 10.30-12pm

Cost: Free

Bookings: 55 817 180 (Nerang Library) limited numbers so bookings are essential

Description:

Bullying behaviour is becoming an increasing issue in many facets of today's society and is not just limited to the school yard. Bullying behaviour can be found in homes, workplaces, the general community & home. This talk will support participants to learn to understand (1) why some people bully (2) why some are more likely to be bullied (3) what to do if i find myself being bullied & (4) how can i stop being a bully.

Understanding anger related behaviours

Nerang Library

Cnr price and White Street, Nerang

Date: Thursday 18th September 2014

Time: 5.30pm-7pm

Cost: Free

Bookings: 55 817 180 (Nerang Library) limited numbers so bookings are essential

Description:

Many people experience anger related behaviours when presented in life with situations they don't feel equipped to manage. This talk will support people to gain an understanding as to WHY they or another person uses "anger related behaviours" while also introducing strategies of "what to do" to either prevent future meltdowns or how to respond when feeling like a meltdown is pending.

Caring for self whilst caring for others

Broadbeach Library

Broadbeach

Date: Monday 13th October 2014

Time: 10.30-12pm

Cost: Free

Bookings: 55 811 555 (Broadbeach Library) limited numbers so bookings are essential

Description:

Society has led many of us to believe that we must sacrifice ourselves in order of supporting another. People are led to believe they are "selfish" if we don't do this. The reality is, this is a very harming approach! This talk will support those who are caring for any person(s) to develop means of offering true care & support to themselves while being able to support another in a way that is less taxing on your own body & emotional being

Introduction into understanding ASD (Autism Spectrum disorder)

Nerang Library

Cnr Price and White Street, Nerang

Date: Monday 3rd November 2014

Time: 10.30-12pm

Cost: Free

Bookings: 55 817 180 (Nerang Library) limited numbers so bookings are essential

Description:

A person with an autism spectrum disorder experiences the world different to other people. This talk provides you with an introduction as how a person with Aspergers Syndrome or an Autism Spectrum Disorder experiences the world while outlining some of the typical characteristics observed in people with an Autism Spectrum Disorder.

Anxiety

Mudgeeraba

Somerset College - Great Hall

Somerset Drive, Mudgeeraba

Date: Thursday 20th November 2014

Time: 5.30-7pm

Cost: Free

Bookings: Fabic 55305099 or email info@fabic.com.au

Description:

We all at times have felt some degree of anxiety ... in truth most people experience at least low grade anxiety daily. This talk will help participants understand the signs and symptoms to anxiety while learning to identify the triggers to mine or another persons anxiety. What can I do when presented with triggers to anxiety. Participants will leave with strategies to help learn to understand themselves & others more effectively.

Eating disorders

Nerang Library

Cnr price and White Street, Nerang

Date: Monday 1st December 2014

Time: 10.30-12pm

Cost: Free

Bookings: 55 817 180 (Nerang Library) limited numbers so bookings are essential

Description:

Eating disorders are affecting many more people than we allow ourselves to be aware of. Eating disorders are a result of persons not feeling equipped to manage certain aspects of their life & thus results in them trying to gain control over any aspect of their life ... often what does and does not go into a person's mouth is the only feeling of control they feel like they have. This talk will provide a different approach to what causes eating disorders and how to support either yourself experiencing difficulties surrounding eating or another person with the same challenges.

Community Talks

Timetable June 2014 to June 2015



Active & *healthy*

Depression, Sadness Grief and Loss

Nerang Library

Cnr price and White Street, Nerang

Date: Thursday 15th Jan 2015

Time: 5.30pm-7pm

Cost: Free

Bookings: 55 817 180 (Nerang Library)
limited numbers so bookings are essential

Description:

At times our experience of the world can feel overwhelming and all too consuming ... leading to feelings of sadness, depression and at times feelings of "giving up". Much of these feelings can be initiated by a feeling of "loss" ... whether that be loss of a loved one, loss of a job, loss of a relationships or any other loss a person may experience. The reality is most people experience an element of loss on a regular basis but knowing how to be in the world when this loss occurs can often feel all too encompassing. This talk supports people to understand how they might be able to get some form of control back over the situations they currently see as "overwhelming or helpless"

What does loving yourself truly mean

Nerang Library

Cnr price and White Street, Nerang

Date: Monday 2nd February 2015

Time: 10.30-12pm

Cost: Free

Bookings: 55 817 180 (Nerang Library)
limited numbers so bookings are essential

Description:

People always say "you need to love yourself before you can love another". But in reality, this often feels like great words but with no practical understanding of what that could possibly mean. To truly love & support another person in the world we need to first learn to love & support ourselves. This talk will support people to take this "foreign concept" and turn it into practical day-to-day activity.

Myths around Mental Health

Mudgeeraba

Somersett College - Great Hall

Somerset Drive, Mudgeeraba

Date: Thursday 26th February 2015

Time: 5.30-7pm

Cost: Free

Bookings: Fabic 55305099 or email
info@fabric.com.au

Description:

There is a fear of the unknown and "Mental Health" is an unknown to many people. Be introduced to a different approach of understanding "Mental Health issues" including "bipolar... Schizophrenia... Personality Disorders". The focus of this talk will be on "responsibility" and how with learning self responsibility the mental health status of many can be changed

Caring for self whilst caring for others

Nerang Library

Cnr price and White Street, Nerang

Date: Thursday 26th March 2015

Time: 5.30pm-7pm

Cost: Free

Bookings: 55 817 180 (Nerang Library)
limited numbers so bookings are essential

Description:

Society has led many of us to believe that we must sacrifice ourselves in order of supporting another. People are led to believe they are "selfish" if we don't do this. The reality is, this is a very harming approach! This talk will support those who are caring for any person(s) to develop means of offering true care & support to themselves while being able to support another in a way that is less taxing on your own body & emotional being

Parenting tips around Behaviour Management

Nerang Library

Cnr price and White Street, Nerang

Date: Monday 30th March 2015

Time: 10.30-12pm

Cost: Free

Bookings: 55 817 180 (Nerang Library)
limited numbers so bookings are essential

Description:

Raising responsible children requires "responsible parenting". Understanding your child's behaviour and "WHY THEY DO WHAT THEY DO" can often feel like an impossible task. This talk will give some basic tips in understanding your child's behaviour and some simple strategies on being able to support behaviour change while teaching them to take responsibility for their own behaviour choices. Opportunity for lots of questions and answer time

Social Skills

Mudgeeraba

Somersett College - Great Hall

Somerset Drive, Mudgeeraba

Date: Thursday 23th April 2015

Time: 5.30-7pm

Cost: Free

Bookings: Fabic 55305099 or email
info@fabric.com.au

Description:

Social skills is often an "Expected Skill" ... Expected that people SHOULD automatically know the social requirements in any given social situations. Adults of all ages, along with teenagers and children are often finding they "crash" by creating negative experiences that they are unaware they have created. This talk will discuss many of the daily challenges people experience while attempting to interact successfully with other people

Anxiety

Nerang Library

Cnr price and White Street, Nerang

Date: Monday 25th May 2015

Time: 10.30-12pm

Cost: Free

Bookings: 55 817 180 (Nerang Library) limited numbers so bookings are essential

Description:

We all at times have felt some degree of anxiety ... in truth most people experience at least low grade anxiety daily. This talk will help participants understand the signs and symptoms to anxiety while learning to identify the triggers to mine or another persons anxiety. What can I do when presented with triggers to anxiety. Participants will leave with strategies to help learn to understand themselves & others more effectively.

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Somerset Drive, Mudgeeraba

Date: Thursday 4th June 2015

Time: 5.30-7pm

Cost: Free

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info@fabric.com.au

Description:

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