



“Skilled Mates”

“An introduction to working with men”

- Skilled Mates is a skills-based course for men who are interested in learning more about working with, and supporting men in their relationships, whether they be work, family or recreational. It is a course designed by men for men. The course acknowledges and recognises the challenges that men face in today’s world of rapid change and changing social responsibilities, and provides a space for participants to develop a range of skills and knowledge. The course has been specifically designed for men & women living in the Northern Rivers area. No previous experience or knowledge is required —only a willingness to learn, explore and listen.
- The course combines theory and practice with a central focus on developing knowledge and skills.
- Skilled Mates is a 35 hour course (plus an additional 10-15 hours for those wishing to achieve a statement of attainment – TAFE qualification).
- Participants completing this course may be able to undergo assessment for one specialist communication competency.

WHAT DOES SKILLED MATES COVER?

Skilled Mates has been designed to give participants a range of skills and knowledge in a variety of areas. The course content includes: An introduction to the Men & Family Centre and services in the area; interpersonal communication skills; dealing with conflict; men’s health & resistance to seeking help; facilitation and presentation skills, and a model of working with men in a community setting.

Sessions are facilitated by staff of the Men & Family Centre.

DATES

Depending on demand, phone the **Men & Family Centre 02 6622 6116** for next course

COURSE LOCATION

Various locations in the Northern Rivers of NSW Australia and by arrangement in other areas.

WHO SHOULD ATTEND SKILLED MATES?

Anyone interested in learning how to help their “mates”, in different ways, to achieve positive outcomes. Anyone interested in improving and having better relationships.

WHAT DOES SKILLED MATES LEAD TO?

People completing Skilled Mates may choose the following pathways:

- (a) Volunteer for Mensline (undergoing further training)
- (b) Volunteer for the Mobile Men’s Shed (undergoing further training)
- (c) Volunteer for the Men & Family Centre
- (d) Pursue other studies eg. TAFE.
- (e) Do an activity in your own local area
- (f) Incorporate the skills learnt into your current job

The choices are yours!

NEED MORE INFORMATION?

Contact Bill Taylor at the Men & Family Centre
(02) 6622 6116 or via e-mail: mms@nor.com.au

REGISTRATION FORM SKILLED MATES

Name:

Address:

Tel:

Email:

Are you interested in enrolling in the statement of attainment? YES NO

Do you have a disability which we need to be aware of regarding your registration?
YES NO

Course Fee:

Cost per session¹:

\$10.00 per session plus an additional \$100.00 for those wishing to undergo assessment for a **statement of attainment**. Discount: pay upfront for all 10 sessions and receive a \$20.00 discount (excludes TAFE fee). Example: paying up front plus TAFE fee = \$180.00 or pay up front, no TAFE fee = \$80.00. Please note that you can also pay "as you go", that is, each week – no discount available. If paying upfront, please make your cheque payable to Men & Family Centre.

On payment , this registration form becomes a tax invoice.

Note: if you are interested in attending this course but your financial situation prohibits attendance, **call us first** before you make a decision.

Please return this form to:

Skilled Mates
Men & Family Centre Inc
PO Box 1220
Lismore NSW 2480

¹ All amounts are inclusive of GST with the exception of the TAFE \$100.00 registration fee.