

Positive Living Skills Program

Empowers people to change their way of life and reach their true potential.

It will provide an opportunity for you to consider ways for self-improvement that can lead to a more enjoyable life that will provide purpose, fulfilment and satisfaction.

Our Program is structured to an individual's needs, it begins with an initial 4 core modules and other modules are added according to the individual needs of the client. The Program runs from 4 – 6 weeks and it encourages participants to value and care for themselves and achieve potentially life-changing goals.

On the successful completion of the Program a detailed report will be prepared for the Magistrate or Judge with a copy of your 'certificate of completion'.

Chaplains can link participants to support networks that will promote change and new lifestyle skills.

*Drug, Alcohol & Gambling Courses,
Men's Behaviour Change Courses,
Anger Management,
Financial Counselling,
Psychologists,
Sexual Assault Counselling,
Abuse and Domestic Violence.*

Embark on a journey of self-improvement.
Gain self-awareness. Make better decisions.
Learn to set and achieve the right goals.

“It's been exceptional to step back and look at my problems and to have someone I believe genuinely cared about me. I normally don't want to think about anything negative but to have someone encourage my self-examination has been fantastic. It was such a good resource, and I wish I had done it ten years ago.”

PETER ~ PROGRAM PARTICIPANT

Bookings & Information

0411 188 399 | info@nswcca.org
www.nswcca.org

If you would like to support the Court Chaplains so they can continue this valuable work, tax deductible donations can be made payable to:

NSW Court Chaplain's Association
BSB: 062-223 Account: 11516235

*NSW Court Chaplains Association is a registered not for profit charitable organisation.
Shop 3, 45-51 Andover St, Carlton NSW 2218*

**NSW
COURT
CHAPLAINS
ASSOCIATION**

NON-JUDGEMENTAL SUPPORT
AND CARE FOR ALL

Available
for Support
in Court.

Positive Living Skills Program

Everything in life is a result of a choice made. If you want a different result, make a different choice.



We support people in the community going through emotionally challenging judicial court proceedings.
We support victims and the accused, explaining the court process and listening to their concerns.



What gives your life meaning?

“In our busy world we often do not take time to stop and think about who we are and where we are going. When we take the time to look at our lives, we see that life does not go in straight lines, there are many obstructions, difficulties and changed routes.”

Sometimes disasters strike (mess) and other times fear holds us back (lion roaring) but when we have the courage to look at our lives we can learn a lot and make good choices for the future.”

ALLISON BENNETT ~ ARTIST

This will be explored in the first session of the Positive Living Skills Program
“GETTING TO KNOW YOURSELF”



Positive Living Skills Program

- SESSION ONE. Getting to know You
- SESSION TWO. Directing Anger
- SESSION THREE. Managing Stress
- SESSION FOUR. Experiencing Grief & Loss
- SESSION FIVE. Understanding Addiction
- SESSION SIX. Mental Health Matters