

Building Blocks of Life

What is Building Blocks of Life?

Building Blocks of Life is a group self development program which involves six weekly two hour sessions. Building Blocks of Life aims to promote personal and social development through the provision of education and development of life skills in a small group environment.

Who can access Building Blocks of Life?

Building Blocks of Life facilitators are able to deliver the program to clients of local organisations (such as a community or health organisation or community learning centres). Building Blocks of Life is suitable for anyone in the community wishing to engage in a self development program. The program can be tailored to the specific needs of a group if required. Please note that due to the high demand for this program there may be a waiting period for delivery.

What topics does Building Blocks of Life cover?

Over the course of the program the following topics are addressed:

- Self Esteem and Assertiveness
- Communication and Healthy relationships
- Conflict Resolution, Problem Solving and Positive Thinking
- Financial Management, Budgeting and Goal Setting
- Nutrition and Maintaining Balance in Life
- Relaxation and Stress Management

Where is Building Blocks of Life delivered?

Building Blocks of Life is typically delivered at the host organisation, with a room and access to morning or afternoon tea provided by the host organisation. Alternatively arrangements can be made for the program to be delivered on site at Community Health.

How do you access the program?

To discuss booking a Building Blocks of Life program for your organisation please contact the Gambler's Help Team on (03) 5823 3200.

Cost of the service?

Building Blocks of Life is a free service; however, the host organisation may wish to charge participants a small fee to cover catering expenses.