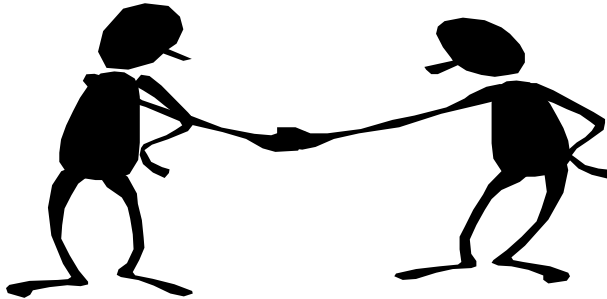


## Tips on getting the most out of your mediation session



Nearly every day we are surrounded by conflict- whether directly affecting us or someone around us. While conflict is very common, ways of resolving it are often not so straight forward and easy to do. We can become emotional and lose sight of our thoughts and feelings. Before attending mediation it is helpful to try and work out what it is we are feeling about a situation and also start thinking about putting ourselves in the other person's shoes.

The mediation you will be attending gives both you and the other person/s an opportunity to talk about issues affecting you and work toward reaching an understanding about how to resolve those issues.

You will be guided through the mediation process by qualified mediators who do not take anyone's side but have a role in helping you and the other person/s express your thoughts and feelings. In doing so, the mediators will help you and the other person/s manage your conflict.

### Notes

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**Opening Hours**  
**Mon Tues Wed Fri**  
**9:00am—5:00pm**  
**Thursday 9:00am—9:00pm**  
**Saturday 9:00am—1:00pm**

Family Relationship Centre Townsville  
Address: 281-285 Ross River Road,  
Aitkenvale Qld 4814  
Phone: (07) 4779 4211  
Fax: (07) 4755 0975  
E-mail: [frc@tsv.centacare.org.au](mailto:frc@tsv.centacare.org.au)



## Library Resource Bookstore

- Strengthening family relationships
- Helping Families Stay together
- Assisting families through Separation



An Australian Government Initiative

## RESOURCE TOPICS

### INCLUDE

- \* **Parenting**
- \* **Step parenting**
- \* **Early childhood**
- \* **Teenagers**
- \* **Adolescence Issues**
- \* **Children Issues**
- \* **Self help**
- \* **Mental health**
- \* **Co - parenting**
- \* **Separation skills**
- \* **Communication**
- \* **Men's Issues**
- \* **Young Males and Dads**
- \* **Self Discovery**

## BOOKCLUB

The Townsville Family Relationship Centre holds a Book Club every two months. It is facilitated by the Library & Resource Officer at the centre on the last **Thursday of that month** from **6:30pm to 7:30pm**.

Attending one of our Book clubs provides the chance to discuss the Book of the Month and meet new people. The Book Club is **free to join** with a **gold coin donation** appreciated for participation. Readers are able to purchase the Book of the Month from the Booklist or by visiting the centre's Book Shop.

To find out future times or to join the Book Club, contact:

**Townsville Family Relationship Centre**

**Phone : (07) 4779 4211.**



## LIBRARY & BOOKSTORE

The Family Relationship Centre Townsville Library and Bookstore is a small but comprehensive resource service for Townsville and its outreach communities, including Ayr, Charters Towers and Ingham.

Information on relationships, and on services available for families within the region, are available for loan from the library or to purchase through the bookstore.

The Library is equipped with Internet and telephone access for clients wanting more information on services available to them .

The Library is free to join, with a fortnightly loan period on books, DVDs, and therapeutic card packs.

Free booklets from family services are also available through the centre.

Resources on specific subjects can be sourced for those wanting to purchase specific materials - at no extra cost to the recipient .