

Courses to Strengthen Relationships

July – December 2016

for men, women, couples and families



Relationships Australia

Relationships Australia: Who we are

Relationships Australia, founded over 60 years ago to give marriage guidance to returning servicemen and women, today provides a broad range of professional relationship services.

As a community-based, not-for-profit organisation with no religious affiliation, we are available to everyone regardless of age, race, gender or sexual preference. Whether you are an individual, a couple or a family, we are here to give support.

Relationships Australia has a reputation for exceptional Relationship Education Programs, ranging from one-night seminars to eight-week courses. We offer a broad selection of programs and topics that reflect the complexity of 21st-century life.

Please check the details on what we can do to help you build better relationships.



- Building Better Relationships
- Programs for Men
- Programs for Parents
- Courses for Individuals
- Starting Over and Second time around
- Short Courses and Seminars

Building Relationships

If you are looking to enhance and review your relationships and the various issues that affect them, Relationships Australia has developed the following comprehensive interactive programs.

Together Forever

This weekend course is for couples planning to marry or live together. We cover expectations, needs, family background and communication.

Fee: \$160 per couple
Time: Fri 6.30 – 9pm, Sat 1 – 5.30pm,
Sun 10am – 1pm
Dates: 26, 27, 28 Aug.....West Leederville
14, 15, 16 Oct.....West Leederville
25, 26, 27 Nov.....West Leederville

Building Better Relationships for Couples

This 8 week course, based on John Gottman's work, offers new ways of relating and being intimate. The greater a couple's awareness of each other, the greater their mutual consideration and ability to work through changes and problems.

Fee: \$160 per couple
Time: 6.30 – 9pm
Dates: Tues 26 Jul 2, 9, 16, 23, 30 Aug, 6, 13 Sep
West Leederville
Mon 17, 24, 31 Oct, 7, 14, 21, 28 Nov, 5 Dec
West Leederville

Communication for Couples

Whatever the state of your relationship, there is always room for improvement. There will always be new challenges and pressures. The health and strength of relationships depends on the willingness of couples to face these challenges and work through differences so that each grows as an individual and as a partner. This weekend course is ideal for those in a FIFO relationship or who live in the country.

Fee: \$160 per couple
Time: Fri 6.30 – 9pm, Sat 1 – 5.30pm,
Sun 10am – 1pm
Dates: 16, 17, 18 Sep.....West Leederville
18, 19, 20 Nov.....West Leederville

Second Time Around

Making love last. This weekend course is for people where one or both have children and are marrying or planning a committed relationship. Re-marriage and re-partnering can involve a number of difficulties and changes, particularly letting go of the hurt from past relationships and dealing with the issues that children can bring. Couples will develop understanding that helps them move on successfully together and learn the secrets to building a strong, loving, connected relationship that continues through the years.

Fee: \$160 per couple
Time: Fri 6.30 – 9pm, Sat 1 – 5.30pm,
Sun 10am – 1pm
Dates: 12, 13, 14 Aug West Leederville
25, 26, 27 Nov West Leederville

Understanding Stepfamily Relationships Weekend

Stepfamilies can be a huge juggling act. This course held over a weekend addresses the complex needs and priorities of a blended family, including parenting.

Fee: \$75 per person, \$120 per couple
Time: Fri 6.30 – 9pm, Sat 1 – 5.30pm,
Sun 10am – 1pm
Dates: 9, 10, 11 Sep.....West Leederville
18, 19, 20 Nov.....West Leederville

Making Stepfamilies Work

Couples with children from previous relationships often benefit from strategies on communication, agreement on discipline and handling competing demands. Find out how to build the enduring, resilient stepfamily you both want.

Fee: \$80 per person, \$130 per couple
Time: 6.30 – 9pm
Dates: Wed 10, 17, 24, 31 Aug, 7, 14 Sep
West Leederville
Tues 25 Oct, 1, 8, 15, 22, 29 Nov
West Leederville



Prepare-Enrich Questionnaire

Prepare-Enrich is a customised couple questionnaire completed online and is a program designed to focus on important relationship issues by assisting couples in all stages of their relationship, whether in a committed relationship or planning one.

Based on a couple's responses, a trained Facilitator provides a number of feedback sessions in which the Facilitator helps the couple discuss and understand their outcomes from the questionnaire.

The major goals of the program are to assist couples cement and enhance their relationship. Areas covered include:

- Communication and conflict resolution skills
- Partner style and habits
- Family, friends and leisure activities
- Assertiveness and self confidence
- Financial management
- Affection, intimacy and sexuality

The program is divided into an initial 1 hour session followed by a minimum of 2 hours up to a maximum of 4 hours feedback.

The program is by appointment only – call 1300 364 277.

- Fee:**
- \$100 for first session, including cost of on-line questionnaire and two copies of workbook.
 - Follow up sessions charged on a sliding scale based on couple's income ranging from \$30-\$100 per session.

Special offer:

Book in to both Prepare and our weekend course "Together Forever" which is normally \$160 per couple and receive a discount of \$40 off the "Together Forever" course.

FOR MORE ON BUILDING BETTER
RELATIONSHIPS PLEASE SEE OUR
SHORT SEMINARS PAGES

Programs for Men

Developed and presented by experienced male facilitators, these courses have been designed to help men deal with their relationship challenges in a comfortable, honest setting.

Pit Stop

A Parenting Tune-up for Fathers

Dads play an essential role in raising their children. This 8 week course is engaging, fun and above all, practical. You'll leave each week with new tools and skills as well as a better understanding of how to be the best dad you can be for your sons and/or daughters, whatever their ages. Join a group of Dads in a friendly, non-threatening atmosphere getting tuned up together.

Fee: \$130 per person
Time: 6.30 - 9pm
Dates: Wed 27 Jul, 3, 10, 17, 24, 31 Aug, 7, 14 Sep
West Leederville
Tues 18, 25 Oct, 1, 8, 15, 22, 29 Nov, 6 Dec
Midland

Fathering after Separation

It's important for fathers to distinguish between their parenting role and their relationship break-up. This seminar, held in a male-friendly environment, suggests helpful ways to keep in touch with your child to build skills and to recognise strengths and challenges.

Fee: \$30 per person
Time: 6.30 - 9pm
Dates: Tues 11 Oct.....West Leederville
Wed 14 Dec.....West Leederville

Sex and Intimacy: His Needs Her Needs

Intimacy is a crucial element to building a healthy relationship and a satisfying sex life with your partner. In this workshop you will discover how to break through the common barriers men experience when attempting to build a stronger sense of togetherness.

(This workshop is free to those who have attended the Anger Management for Men course.)

Fee: \$30 per person **Time:** 6.30 - 9pm
Dates: Tues 20 Sep.....West Leederville

Introduction to Managing Anger - A Workshop for Men

Is anger controlling you? Then this weekend workshop will give you a deeper understanding of why that might be and some skills that will help you take the control back. Suitable for those unable to attend the 8 week Anger Management course due to work commitments (i.e. FIFO or those living outside the metro area). This short course does not replace the 8 week course.

Fee: \$95 per person
Time: Fri: 6.30 - 9pm, Sat: 9.30am - 4.30pm
Dates: Fri/Sat 26, 27 Aug.....West Leederville
Fri/Sat 2, 3 Dec.....West Leederville

Anger Management (for men)

This 8 week course is for men who have difficulty managing their anger. The group learns how to understand anger and reduce its harmful effects by developing new skills week by week through practice and group interaction. This course is not suitable for men where domestic violence is an issue.

Fee: \$120 per person
Time: 6.30 - 9pm
Dates: Tues 26 Jul, 2, 9, 16, 23, 30 Aug, 6, 13 Sep
West Leederville
Tues 26 Jul, 2, 9, 16, 23, 30 Aug, 6, 13 Sep
Midland
Wed 27 Jul, 3, 10, 17, 24, 31 Aug, 7, 14 Sep
Fremantle
Wed 19, 26 Oct, 2, 9, 16, 23, 30 Nov, 7 Dec
West Leederville
Wed 19, 26 Oct, 2, 9, 16, 23, 30 Nov, 7 Dec
Fremantle

Dads Raising Girls

Find out how to build a rewarding father-daughter relationship. As the primary male role model in a girl's life, Dads play an important role in the development of their self-concept and self esteem. This can often affect how their daughters relate to others, particularly to boys and men.

Fee: \$30 per person
Time: 6.30 - 9pm
Dates: Wed 20 July.....Joondalup
Tues 23 Aug.....Gosnells
Tues 20 Sep.....West Leederville

Dads Raising Teenage Girls

For teenage girls, a father's support and love are extremely important. This workshop helps Dads understand the changes occurring in their teenage daughters and shows ways to help them navigate this difficult time and encourage them to make good choices.

Fee: \$30 per person **Time:** 6.30 - 9pm
Dates: Mon 8 Aug.....Midland

Dads Raising Teenage Boys

Raising teenage boys can be challenging but there can also be exceptional times of fun and closeness. This workshop is designed to assist fathers and father figures navigate their way through the teen years to help build positive relationships and strong, positive young men for the future.

Fee: \$30 per person **Time:** 6.30 - 9pm
Dates: Wed 21 Sep.....Fremantle

**PLACES ARE LIMITED SO PLEASE
PHONE 1300 364 277
TO SECURE YOUR PLACE.**

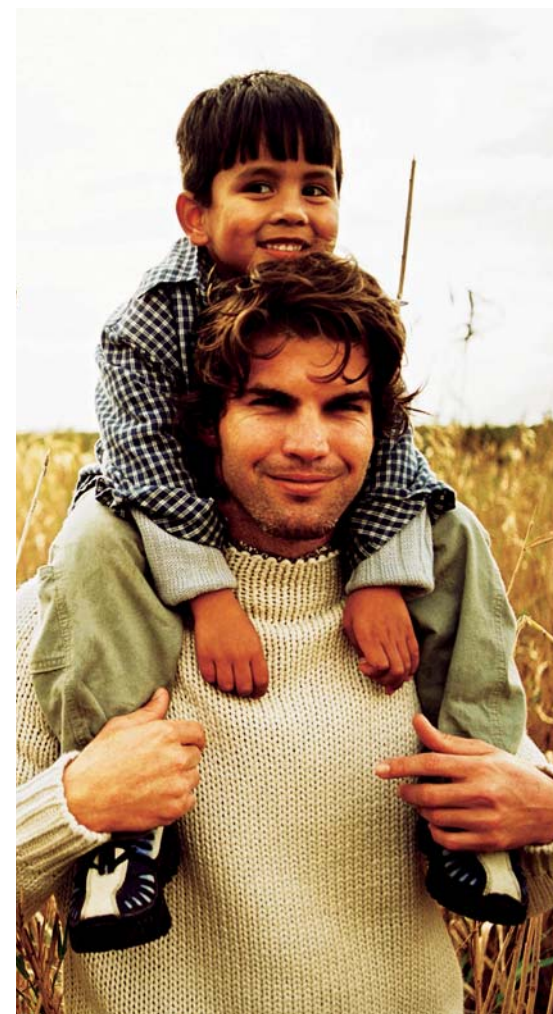
NEW Dads Raising Boys (under 12 years)

The Importance of Dads

For a boy a close relationship with his father is like gold. A father can be an anchor for a son. A Dad models behaviours that shape who they become as an adult.

This workshop for Dads will assist in building their sons' self-esteem, healthy identity and resilience as well as managing challenging behaviours.

Fee: \$30 per person
Time: 6.30 - 9pm
Dates: Wed 20 Jul.....Fremantle
Wed 12 Oct.....West Leederville



Programs for Parents

Raising our children should be one of life's greatest experiences, but as any parent knows, it is not an easy task. With this in mind our professional facilitators offer a range of courses to help you address parenting challenges.

Building Stronger Families

Building and nurturing families can seem a daunting task, but it's not mission impossible. This 6 week course is for adults and their children around 10 years and over – inclusion is the key. Parents and children will learn about cooperation, relating respectfully and solving problems.

Fee: \$80 per person, \$120 per couple/family
Time: 6.30 – 9pm
Dates: Wed 27 Jul, 3, 10, 17, 24, 31 Aug
 West Leederville
 Wed 26 Oct, 2, 9, 16, 23, 30 Nov
 West Leederville

Virtues Parenting Program

The Virtues Project™, part of the Living Values Program, is designed to create a culture of caring and character-building in young people. Already introduced in schools in Australia and overseas, the program is for anyone – parents, teachers and others – with responsibility for children. This 6 week course introduces the five strategies that may enhance moral growth.

Fee: \$110 per person
Time: 6.30pm – 9pm
Dates: Mon 1, 8, 15, 22, 29 Aug, 5 Sep
 West Leederville
OR
Time: 10.00am – 12.30pm
Dates: Wed 26 Oct, 2, 9, 16, 23, 30 Nov
 Fremantle

Partners becoming Parents

This 1 night seminar will assist couples move from being a couple to becoming parents.

There are many joys and delights in becoming new parents and also many challengers. Managing the transition well and preparing your relationship for the change will help you build your strengths as a couple and help you manage all that lies ahead of you.

Fee: \$45 per couple
Time: 6.30 – 9pm
Dates: Wed 12 Oct..... West Leederville

Parent-Child Connection

Being a parent can be tough. People with primary school children are invited to this 4 week course to learn new skills, feel better about their parenting and gain confidence.

Fee: \$50 per person, \$75 per couple
Time: 6.30 – 9pm
Dates: Mon 29 Aug, 5, 12, 19 Sep
 West Leederville
 Tues 15, 22, 29 Nov, 6 Dec
 West Leederville

Kids and Today's Technology

This 2 week seminar will help parents gain an understanding of today's technology and the impact on teenagers. Parents will better understand how parenting is facing different challenges as technology evolves. They will also have a better understanding of the advantages and pitfalls of the changes in technology and how to access various solutions.

Fee: \$35 per person, \$50 per couple
Time: 6.30 – 9pm
Dates: Wed 12, 19 Oct..... West Leederville

Parent-Teen Connection

Remember, you were young once. Adolescents can be challenging and living alongside them can be confusing and worrying. This course reduces stress and teaches parents how to communicate, negotiate and minimise conflict.

Fee: \$50 per person, \$75 per couple
Time: 6.30 – 9pm
Dates: Mon 25 Jul, 1, 8, 15 Aug
 West Leederville
 Tues 18, 25 Oct, 1, 8 Nov
 West Leederville
OR
Time: 9.30am – 4.30pm
Dates: Sat 3 Dec..... West Leederville

All about Anger – for Parents and Teens

This workshop for Parents and Teens has been designed to assist families when anger is an issue. Anger is explained in a way that challenges our labelling of 'an Angry Person' and instead aims to help participants to understand that many of us have simply learnt to manage the emotion of anger in unhelpful ways. The workshop includes some simple skills to help you respond more positively when anger shows up.

Fee: \$50 per family
Time: 6.30 – 9pm
Dates: Wed 21 Sep..... West Leederville

NEW Successful Single Parenting

People become single parents through a range of life choices and circumstances. Single parenting is different in many ways compared to a two parent household and can have its difficulties and challenges. Whatever the challenges it is important to live your life in ways that shows your children you are happy. This will help them accept and value their lifestyle.

If you are a single parent and are through that initial break-up stage this course will provide strategies that will help you develop a close and special relationship with your child.

Fee: \$30 per person
Time: 6.30 – 9pm
Dates: Wed 21 Sep..... West Leederville

The 'Rock and Water' Program (suitable for 8 – 12 years)

The 'Rock and Water' Program for the family is facilitated by an accredited Rock and Water trainer. This activity-based program builds on the complementary strengths of 'rock' and 'water'. One is firm and assertive whilst the other is flexible and willing to cooperate. We encourage fathers, mothers, daughters and sons to spend a Saturday morning together examining their emotional connections with each other whilst learning new skills to strengthen family ties.

Note: due to the nature of activities there is room for only one child/adolescent per adult.

Fee: \$70 per pair
Time: 8.30am – 12.30pm
Dates: Sat 13 Aug..... West Leederville
 Sat 12 Nov..... West Leederville

NEW Emotional Coaching

Every parent wants to do the best for their child but can often feel overwhelmed. After many decades of research it has been found that one of the most useful skills and awareness a parent can give is emotional intelligence. This means helping their child to recognise what they are feeling and why. This seminar explores the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

Fee: \$30 per person
Dates: Wed 24 Aug..... Fremantle
 (Please note time: 10am-12.30pm)
 Tues 22 Nov..... West Leederville

Programs for Individuals

PLEASE SEE SHORT SEMINARS
PAGE FOR MORE.

Communicate Effectively

This 6 week course covers all areas of communication including attitudes, listening and speaking skills, as well as conflict resolution. Healthy relationships, whether at work or at home, are created by individuals who communicate clearly and effectively.

Fee: \$110 per person

Time: 6.30 – 9pm

Dates: Tues 2, 9, 16, 23, 30 Aug, 6 Sep West Leederville
Wed 26 Oct, 2, 9, 16, 23, 30 Nov West Leederville

Family Patterns

Many of our adulthood attitudes and behaviour stem from experiences in our formative years. This 6 week evening course investigates the impact of those family patterns – communication, resolving conflict and displays of emotion ranging from affection to anger. Learn skills to make improvements so that the present and future are not anchored in the past.

Fee: \$110 per person

Time: 6.30 – 9pm

Dates: Mon 24, 31 Oct, 7, 14, 21, 28 Nov
West Leederville

Change and Loss

Life can throw up major alterations at work, including redundancy and retirement, as well as blows such as illness, accidents, separation and deaths of people close to us. All involve loss. Gain knowledge and skills to move on and grow from the experience.

Fee: \$220 per person

Time: 9.30am – 4.30pm

Dates: Wed 30 Nov.....West Leederville

Managing Anger and Stress for Women

This 8 week course is for women who have difficulty in managing and expressing their anger appropriately. The group learns how to understand anger and reduce its harmful effects. This course is not for people affected by domestic violence.

Fee: \$130 per person

Time: 6.30 – 9pm

Dates: Mon 17, 24, 31 Oct, 7, 14, 21, 28 Nov, 5 Dec
West Leederville

Self-Worth – Free to be Me

This 8 week course gives participants a better understanding of themselves and others while providing skills and strategies to enhance self worth. It also provides the opportunity to learn and practise new skills, take reasonable risks in relationships and set goals, all within a safe and trusting environment.

Included in this course is a copy of Susan Jeffers' book 'Feel the Fear and Do it Anyway'.

Fee: \$150 per person

Time: 6.30 – 9pm

Dates: Mon 25 Jul, 1, 8, 15, 22, 29 Aug, 5, 12 Sep
West Leederville

Emotional Intelligence

When we know how to use our emotions, we are able to cope with the most difficult problems. This one day workshop helps you develop these skills.

Fee: \$220 per person

Time: 9.30am – 4.30pm

Date: Wed 9 Nov.....West Leederville

NEW Marital and Relationships First Responders

When people are worried or upset about their marriage or relationship, they turn first to friends and family members, not to professionals. Research shows that there are millions of these 'natural confidants', people who others trust with their concerns.

But who helps these confidants do a good job of helping people who open up to them?

The answer: Until Marital and Relationships First Responders training, no one has helped them be the best confidant they can be.

This 1 day training will assist people to respond effectively and empathetically to those who turn to them.

Fee: \$220 per person

Time: 9.30 – 4.30pm

Dates: Wed 21 Sep.....West Leederville

Starting Over and Second Time Around

No matter how much effort we put into our relationships, they don't all end 'happily ever after'. Getting on with our lives after a failed relationship can be distressing, but there are positive things you can do.

Rebuilding After Separation and Divorce

Do you need to move on after a relationship ends? This comprehensive 8 week course helps you explore your feelings and find positives to empower you. Topics include loss and grief, expressing anger without damage, self esteem and finding fresh horizons.

Fee: \$150 per person

Time: 6.30 – 9pm

Dates: Wed 27 Jul, 3, 10, 17, 24, 31 Aug, 7, 14 Sep
West Leederville
Tues 18, 25 Oct, 1, 8, 15, 22, 29 Nov, 6 Dec
West Leederville

Included in this course is a copy of Dr Bruce Fisher's book 'Rebuilding When Your Relationship Ends'

Seeking and Keeping your Next Relationship

Just looking for someone to love – isn't it supposed to be simple? Why do we keep choosing the wrong person or why are we reluctant to commit to someone even if they seem to 'tick all the boxes'? And how do you hold onto someone for the longer term? This NEW course aims to examine some of these things.... the tricky business of being single and seeking and keeping love. This is a course specifically designed for people who are currently single.

The course is not for those still processing the emotion from more recent relationship breakdowns and we do suggest 'Rebuilding after Separation' for those participants

Fee: \$130 per person

Time: 6.30 – 9pm

Dates: Mon 25 Jul, 1, 8, 15, 22, 29 Aug, 5, 12 Sep
West Leederville
Tues 18, 25 Oct, 1, 8, 15, 22, 29 Nov, 6 Dec
West Leederville

2nd Time Around

Making love last. This weekend course is for people where one or both have children and are marrying or planning a committed relationship. Re-marriage and re-partnering can involve a number of difficulties and changes, particularly letting go of the hurt from past relationships and dealing with the issues that children can bring. Couples will develop understanding that helps them move on successfully together and learn the secrets to building a strong, loving, connected relationship that continues through the years.

Fee: \$160 per couple

Time: Fri 6.30 – 9pm, Sat 1 – 5.30pm, Sun 10am – 1pm

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25, 26, 27 Nov.....West Leederville

Understanding Stepfamily Relationships Weekend

Stepfamilies can be a huge juggling act. This course held over a weekend addresses the complex needs and priorities of a blended family including parenting.

Fee: \$75 per person, \$120 per couple

Time: Fri 6.30 – 9pm, Sat 1 – 5.30pm, Sun 10am – 1pm

Dates: 9, 10, 11 Sep.....West Leederville
18, 19, 20 Nov.....West Leederville

Making Stepfamilies Work

Couples with children from previous relationships often benefit from strategies on communication, agreement on discipline and handling competing demands. Find out how to build the enduring, resilient stepfamily you both want.

Fee: \$80 per person, \$130 per couple

Time: 6.30 – 9pm

Dates: Wed 10, 17, 24, 31 Aug, 7, 14 Sep
West Leederville
Tues 25 Oct, 1, 8, 15, 22, 29 Nov
West Leederville

Stepfamilies – An Introduction

Stepfamilies present a whole array of challenges that are different to those found in a biological family. This workshop is based on research that highlights some of the more helpful ways of forming and living in this new family. This workshop is a taster for our longer stepfamily courses.

Fee: \$30 per person, \$45 per couple

Time: 6.00pm – 8.30pm

Dates: Wed 24 Aug.....Kwinana

Bookings close 3 days before the course unless spaces are available.

PAYMENT IS ESSENTIAL TO ENSURE A PLACE

Short Courses and Seminars

These sessions, held in a comfortable setting, give an overview of various aspects of relationships and are a great introduction to our longer, in-depth relationship courses.

Fee: \$30 per person
Time: 6.30 – 9pm (unless otherwise stated)

BUILDING BETTER RELATIONSHIPS SEMINARS

Healthy Conflict in Relationships

Are you often in conflict with others? Don't be too worried – differences are part of any close relationship and can be healthy. Learn how to manage conflict and make it constructive.

Dates: Tues 20 Sep.....West Leederville

Communication in Relationships

People who communicate with care create healthy relationships. This seminar covers the basic principles of communicating to those you love with clarity and respect.

Dates: Tues 19 Jul.....West Leederville
Wed 12 Oct.....Joondalup
Wed 26 Oct.....Kwinana
(Please note time: 6.00pm-8.30pm)
Wed 14 Dec.....West Leederville

SEMINARS FOR EVERYONE

Understanding Angry Emotions

This seminar helps to raise awareness of our emotions and is a good introduction to our 8 week Anger Management courses.

Dates: Wed 14 Sep.....Kwinana
(Please note time: 6.00pm-8.30pm)
Mon 19 Sep.....West Leederville
Tues 13 Dec.....Midland

Express Yourself Assertively

You may be a good communicator, but isn't there always room for improvement? Asserting yourself effectively gives you the edge in improving communication.

Dates: Tues 11 Oct.....West Leederville

Setting Healthy Boundaries

In order to experience satisfying connections with other people – whether family, work colleagues or love relationships – we need to set healthy boundaries. This seminar looks at the difference between healthy and unhealthy boundaries and teaches skills that help with good boundary setting.

Dates: Mon 19 Sep.....West Leederville
Wed 23 Nov.....Joondalup

What is Love – Including the Five Love Languages

Confused about love relationships? There are many confusing messages out there about love, both from our life experience and the media. This seminar will cover the 5 Love Languages and how to move from being 'in love' to healthy love.

Dates: Wed 20 Jul.....West Leederville
Tues 11 Oct.....West Leederville

Healthy Self Esteem

Would you like to feel better about yourself? Self esteem is essential to good health, both physical and emotional.

Dates: Wed 20 Jul.....West Leederville
Thur 25 Aug.....Joondalup
(Please note time: 10am-12.30pm)
Tues 13 Sep.....Gosnells
Mon 10 Oct.....West Leederville

NEW Emotional Coaching

Every parent wants to do the best for their child but can often feel overwhelmed. After many decades of research it has been found that one of the most useful skills and awareness a parent can give is emotional intelligence. This means helping their child to recognise what they are feeling and why. This seminar explores the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

Dates: Wed 24 Aug.....Fremantle
(Please note time: 10am-12.30pm)
Tues 22 Nov.....West Leederville

Mindfulness – Transform Your Relationships

Negative reactivity, in any relationship, is a major cause of relationship deterioration. For a couple's relationship, the consequence is loss of feelings of love and connection, and even divorce. Mindfulness is the practice of becoming more fully aware in the present. People who practice mindfulness in their daily lives are more likely to respond in a loving way rather than automatically reacting.

Dates: Wed 21 Sep.....Joondalup
Mon 10 Oct.....West Leederville
Thurs 27 Oct.....West Leederville
(Please note time: 10am-12.30pm)
Wed 23 Nov.....Kwinana
(Please note time: 6.00pm-8.30pm)

SEMINARS FOR MUMS

Mums Raising Boys – up to the age of 12 years

Mothers, who are usually their son's primary female role model, play a vital part in developing their son's identity, including their ability to be nurturing.

Dates: Wed 17 Aug.....West Leederville
(Please note this is a day courses 10am – 12.30pm)

Mums Raising Teenage Boys

For teenage boys the relationship they have with their mother has long term implications. This includes how they relate to others, particularly to girls and women.

Dates: Tues 19 Jul.....West Leederville
Tues 8 Nov.....Gosnells

Mums Raising Teenage Girls

As we know, the relationship between a mother and her daughter is very important. This seminar helps mothers to better understand their daughters and the challenges they go through during puberty and helps to better equip their daughters to be happy and strong individuals.

Dates: Mon 5 Dec.....West Leederville

SEMINARS FOR DADS

Dads Raising Girls

Find out how to build a rewarding father-daughter relationship. As the primary male role model in a girl's life, Dads play an important role in the development of their daughters self-concept and self esteem. This can often affect how their daughters relate to others, particularly to boys and men.

Dates: Wed 20 July.....Joondalup
Tues 23 Aug.....Gosnells
Tues 20 Sep.....West Leederville

Dads Raising Teenage Girls

For teenage girls, a father's support and love are extremely important. This workshop helps Dads understand the changes occurring in their teenage daughters and shows ways to help them navigate this difficult time and encourage them to make good choices.

Dates: Mon 8 Aug.....Midland

Dads Raising Teenage Boys

Raising teenage boys can be challenging but there can also be exceptional times of fun and closeness. The Dads Raising Boys workshop is designed to assist fathers and father figures navigate their way through the teen years to help build positive relationships and strong, positive young men for the future.

Time: 6.30 – 9pm

Dates: Wed 21 Sep Fremantle

Stepfamilies - An Introduction

Stepfamilies present a whole array of challenges that are different from those found in a biological family. This workshop is based on research that highlights some of the more helpful ways of forming and living in this new family. This workshop is a taster for our longer stepfamily courses.

Fee: \$30 per person, \$45 per couple

Time: 6.00pm – 8.30pm

Dates: Wed 24 Aug Kwinana

Places are limited
so please phone
1300 364 277 to enrol.

Relationships Australia also offers the following professional development courses:

- Accidental Counsellor
- Defusing Angry and Abusive Customers
- Introduction to Couples Counselling
- Introduction to being a Supervisor
- Parenting between Cultures: Working with Migrant and Refugee Parents
- Cultural Fitness Training – Aboriginal Culture

Call 6164 0200 for more information.

Course Payment Form

(please print clearly)

COURSE COMMENCEMENT IS DEPENDENT ON NUMBERS

TITLE OF COURSE: _____

DATE(S): _____ LOCATION: _____

TITLE OF COURSE: _____

DATE(S): _____ LOCATION: _____

TITLE OF COURSE: _____

DATE(S): _____ LOCATION: _____

NAME(S): _____

ADDRESS: _____

_____ P/CODE: _____

PHONE: _____

MOBILE: _____

EMAIL: _____

PAYMENT ENCLOSED: \$ _____

Cheques should be made payable to: Relationships Australia (WA)

Visa ☐ Mastercard ☐

Cardholder's name: _____

Cardholder's signature: _____

Card Number: _____

Expiry Date: ____/____

Return this form and payment to:

Relationships Australia (WA)

PO Box 1206, West Leederville WA 6901

Fax: (08) 6164 0200

Tel: 1300 364 277

PLEASE NOTE, WE CHARGE A \$30 CANCELLATION FEE.

COURSES AND SEMINARS ARE HELD AT:

WEST LEEDERVILLE

Relationships Australia,
22 Southport Street

FREMANTLE

Relationships Australia
1 Ord Street

GOSNELLS

Relationships Australia, Lotteries House,
2232C Albany Highway

JOONDALUP

Relationships Australia, Lotteries House,
Unit 7/70 Davidson Terrace

MANDURAH

Relationships Australia, Lotteries House
7 Anzac Place

MIDLAND

Relationships Australia
27 The Crescent

KWINANA

Relationships Australia
Darius Wells Library and Resource Centre
Level 1, 2 Robbos Place

RELATIONSHIPS AUSTRALIA (WA) is approved by the Commonwealth Attorney General's Department under the terms of the Marriage Act to conduct our programs. This approval requires us to meet prescribed standards of training and practice.

All our facilitators are fully trained in group facilitation skills.

Relationships Australia

www.relationshipswa.org.au

1300 364 277