

Stepfamilies—An Introduction

For couples and individuals

Step and blended families 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.

Thursday 15 September, 6.30pm–9pm

\$30 per person, \$50 per couple (concessions available)

Mindfulness

For men and women

It is common to react to the people we love in ways that are often not helpful. Research has shown that mindfulness practice helps you to respond rather than react and enjoy greater satisfaction in relationships. It helps you to deal with relationship stress more constructively and communicate more effectively, particularly in situations involving conflict.

Monday 19 September, 6.30pm–9pm

\$30 per person (concessions available)

Dads Understanding Daughters

For men only

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 girls relate to others, particularly to boys and men. Find out how to build a rewarding dad-daughter relationship.

Thursday 22 September, 6.30pm–9pm

\$30 per person (concessions available)

To book a course, please phone 9583 6090

or email us on:

Mandurah.Education@relationshipswa.org.au

One-2-One Sessions for Men

Run on a one-to-one basis by an experienced male Relationships Educator in an informal setting. These sessions (up to one hour duration) give men a chance to discuss issues of concern regarding relationships and receive relevant information, tips and strategies in a confidential setting.

Please note: These sessions are not counselling, but more so the opportunity to gain relevant information or referral to a suitable program or course.

By appointment only

About Relationships Australia

Relationships Australia (WA) is a community-based, not-for-profit organisation with no religious affiliation.

Our services are for people from all walks of life, regardless of age, race, gender or sexual preference. It does not matter whether you are single, married, divorced, living together or in a same-sex relationship, you can talk to us.

The courses we offer change every school term.
Please check our website for current information:

www.relationshipswa.org.au

Relationships Australia

Mandurah

Would you like to improve your relationships?

*Check out our term 3 courses:
July–September 2016*



Relationships Australia

Lotteries House, Suite 5
Anzac Place, Mandurah
www.relationshipswa.org.au

Enquiries and Bookings
9583 6090

Mandurah.Education@relationshipswa.org.au

Self Worth

For women only

A positive sense of self worth is vital for good health and happiness. This eight week course helps you understand how to manage fear and learn to say “no”. It also gives you skills to develop increased confidence and positive self esteem. Course fee includes the book “Feel the Fear and Do It Anyway”.

Tuesdays, 26 July–13 Sept, 9.30am – 12 noon
\$150 per person (concessions available)

Anger Management for Men

For men only

This seven week course is for men who want to learn how to manage their anger better. It helps men to understand anger and reduce its harmful effects by developing and practicing new skills.

Thursdays, 28 July – 8 Sept, 6.30pm–9pm
\$120 per person (concessions available)

Communication for Couples

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 course is held over one weekend, perfect for working and FIFO couples.

Saturday 27 August 10am to 4pm, and
Sunday 28 August, 10am to 1pm
\$160 per couple (concessions available)

Express Yourself Assertively

For couples and individuals

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

Monday 29 August, 6.30pm–9pm
\$30 per person, \$50 per couple (concessions available)

Successful Single Parenting

For men and women

Being a parent is often difficult and challenging, and sole parenting brings its own unique issues. This session explores issues relevant to the specific stressors single parents face in caring for their children and themselves.

Wednesday 31 August, 9.30am–12noon
\$30 per person (concessions available)

Retirement Transition for Couples

For couples

Retirement is one of the most significant landmarks in a couple's life together, yet there are many uncertainties and challenges that go alongside the great expectations. If you are facing retirement or recently retired, this workshop provides an opportunity to share your concerns and suggests some possible solutions.

Monday 5 September, 9.30am–12pm
\$50 per couple (concessions available)

Parenting Teens

Recommended for parents of children aged 10+

Parenting an adolescent can be a challenging and stressful time. This seminar will help you to gain a greater understanding of what is happening during the teenage years to help improve your relationship with your teenager.

Wednesday 7 September, 6.30pm–9pm
\$30 per person (concessions available)

Rock & Water (ages 8-14)

For parents and children

This activity based program builds on the complementary strengths of the 'rock' and 'water'. One is firm and assertive, while the other is flexible and willing to cooperate. Topics such as bullying, life goals, positive self image, communication skills and boundaries are covered. This course is attended by a parent/caregiver and one child (age 8-14) together.

Saturday 17 September, 9am to 1pm.
\$60 per family (concessions available)

Emotional Intelligence

For couples and individuals

When we understand and know how to use our emotions, we are able to cope with the most difficult problems. This two night workshop is a great follow-up to our one night Mindfulness workshop, and helps you to mindfully develop your emotional intelligence.

Wednesdays 14 & 21 Sept, 6.30pm–9pm
\$50 per person (concessions available)