

Communication in Relationships

For couples

Communication is much more than just imparting information or seeking answers, effective communication is the avenue through which people connect, thus enhancing intimacy and understanding. This one night seminar is for couples, and will explore components of communication, such as verbal & non-verbal skills, barriers and roadblocks to communication and listening skills.

Wednesday 13 June, 6.30pm to 9pm

\$50 per couple (concessions available)



Fathering After Separation

For men only

It's important for fathers to distinguish between their parenting role and the relationship break-up. This session, held in a male-only environment, suggests ways in which fathers can keep in touch with children, even if hindered by formal access arrangements.

Wednesday 20 June, 6.30pm to 9pm

\$30 per person (concessions available)

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.

To book a course, please phone 6164 0588
or email us on:

Mandurah.Education@relationshipsaustralia.org.au

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

www.relationshipswa.org.au

To find out more visit:
www.relationshipswa.org.au

 @RelationshipsWA

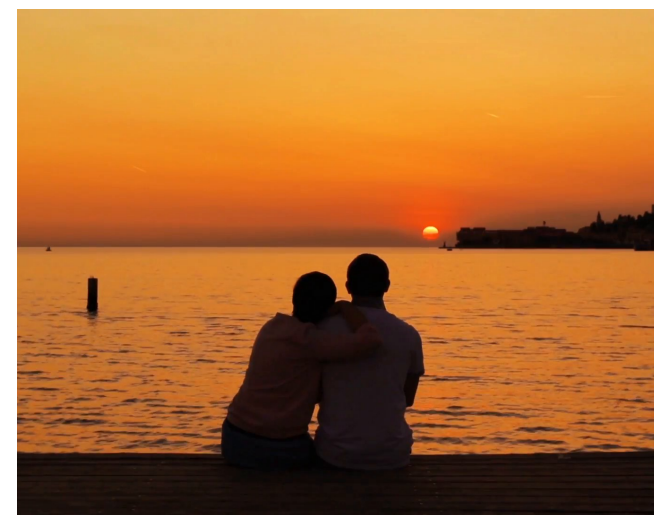
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Relationships Australia

Mandurah

**Can our personal
development courses
help you?**

May & June 2018



Relationships Australia

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

**Enquiries and Bookings
6164 0588**

Mandurah.Education@relationshipsaustralia.org.au

Anger Management for Men

For men only – Seven week course

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.

Mondays 7 May - 25 June, 6.30pm to 9pm
\$130 per person (concessions available)
(course fee can be paid in weekly instalments)



Managing Anger & Stress for Women

For women only–Four week course

Are you feeling stressed, tired and angry? Do you take these feelings out on the people you love? Or do you bottle up these emotions and end up feeling overwhelmed and ready to explode? This is a four week course for women specifically designed to help you learn about managing these difficult feelings. Join with other women like you who want to start feeling more at peace with themselves and others.

Tuesdays, 8 May – 29 May, 12 noon to 2.30pm
\$60 per person (concessions available)
(course fee can be paid in weekly instalments)

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 30 May, 9.30am to 12noon
\$30 per person (concessions available)

Mindfulness

For men and women

Research has shown that mindfulness training helps you to deal with stress better, improve your concentration, reduce obsessive thinking, and improve your psychological and physical well-being. Mindfulness helps you to live in the present moment and engage fully with what you are doing. This one night workshop gives you an experiential introduction to Mindfulness.

Tuesday 5 June, 6.30pm to 9pm
\$30 per person (concessions available)



Dads Raising Boys

For men only

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.

Wednesday 6 June, 6.30pm to 9pm
\$30 per person (concessions available)



Emotional Intelligence

For men and women

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 follow-up to our one night Mindfulness workshop, and helps you to mindfully develop your emotional intelligence.

Mondays 11 & 18 June, 6.30pm to 9pm
\$50 per person (concessions available)