

Coaching Kids' Emotions

For men and women

After many decades of research it has been found that one of the most useful skills and awareness a parent can give their child is emotional intelligence. This means helping their child to recognize what they are feeling and why. This seminar explores the most helpful ways of responding to a child to help them to learn how to regulate their own emotions.

Tuesday 4 December, 12noon to 2.30pm

\$30 per person (concessions available)

Emotional Intelligence

For men and women

Emotional intelligence involves becoming mindfully aware of your own emotions and those of others around you. 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.

Wednesdays 5 & 12 December, 6.30pm to 9pm

\$50 per person (concessions available)

To find out more visit:

www.relationshipswa.org.au

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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@relationshipswa.org.au

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

www.relationshipswa.org.au



Relationships Australia

Mandurah

Courses to strengthen relationships

October to December 2018



Relationships Australia

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

Enquiries and Bookings
6164 0588

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Relationships Australia

Mandurah

Anger Management for Men

For men only – Eight week course

This eight 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 15 Oct - 3 Dec, 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, 16 Oct – 6 Nov, 9.30am - 12 noon
\$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 7 November, 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.

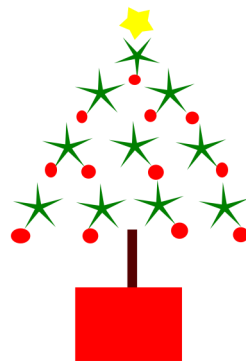
Monday 12 November, 6.30pm to 9pm
\$30 per person (concessions available)

Communication in Relationships

For men and women

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 will explore components of communication, such as verbal & non-verbal skills, barriers and roadblocks to communication and listening skills.

Thursday 15 November, 6.30pm to 9pm
\$30 per person (concessions available)



Stronger Stepfamilies

For couples

Step and blended families present a whole array of challenges that are different to those found in a biological family. This workshop, based on research that highlights some of the more helpful ways of forming and living in this new family, equips you with skills to create a loving and successful family home.

Tuesday 20 November, 6.30pm to 9pm
\$50 per couple (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 November, 6.30pm to 9pm
\$30 per person (concessions available)

Healthy Conflict in Relationships

For couples and individuals

Christmas can be a great time to get together as a family, but it can also be a time when conflict can cause problems in family relationships. Are you often in conflict with others? Don't be too worried, differences are part of any close relationship and can be healthy if managed in the right way. In this seminar, you will learn how to manage conflict constructively.

Thursday 29 November, 6.30pm-9pm
\$30/\$50 per couple (concessions available)