

## 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 19 June, 9.30am to 12noon**

**\$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.

**Monday 24 June, 6.30pm to 9pm**

**\$30 per person (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.

**Thursday 27 June, 6.30pm to 9pm**

**\$30 per person (concessions available)**



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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@relationshipsaustralia.org.au](mailto:Mandurah.Education@relationshipsaustralia.org.au)

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

[www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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## Courses to strengthen relationships

May to July 2019



Enquiries and Bookings  
**6164 0588**

Office Hours:  
Monday, Tuesday & Thursday, 9am to 2pm

[Mandurah.Education@relationshipsaustralia.org.au](mailto:Mandurah.Education@relationshipsaustralia.org.au)

Relationships Australia

Suite 5, Lotteries House  
7 Anzac Place, Mandurah  
[www.relationshipswa.org.au](http://www.relationshipswa.org.au)

## 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 6 May –1 July, 6.30pm to 9pm**  
**\$130 per person (concessions available)**  
**(course fee can be paid in 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, 7–28 May, 9.30am to 12 noon**  
**\$60 per person (concessions available)**  
**(course fee can be paid in weekly instalments)**

## 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 28 May, 6.30pm to 9pm**  
**\$30 per person (concessions available)**

## 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 June, 9.30am to 12noon**  
**\$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.

**Thursday 6 June, 6.30pm to 9pm**  
**\$50 per couple (concessions available)**

## Rewarding Retirement Relationships

For couples

Retirement, whether through choice, redundancy or ill health, marks a major change in life and in your relationships. It is one of the most significant landmarks in a couple's life together. If you are entering retirement, or are recently retired, this workshop provides an opportunity to explore these changes together as a couple and will assist you to work together to build a rewarding relationship in retirement.

**Monday 10 June, 9.30am to 4pm**  
**\$75 per couple (concessions available)**

## Understanding Angry Emotions

For women only

Location–Pinjarra

This morning workshop helps you to understand anger and learn new skills to manage it. You will begin to understand what might be motivating your anger, identify some common ways people mismanage anger and learn strategies to help you resolve anger.

**Tuesday 11 June, 9.30am to 12noon**  
**\$30 per person (concessions available)**

## Supporting Your Anxious Child

For men and women

This morning workshop explores anxiety in an easy to understand format. You will learn to recognize the signs and symptoms of anxiety, find out what causes anxiety and learn strategies to support your child should they become anxious.

**Tuesday 17 June, 9.30am to 12noon**  
**\$30 per person (concessions available)**

## Recharge Your Relationship

For couples –Two night course

Couples' relationships today face many challenges and pressures. This course will give you the opportunity to recharge your relationship by taking two nights out together to reflect on and improve your relationship skills. Over two weeks you will be given the opportunity to explore your relationship, work on areas that need improvement, such as communication skills and conflict management, and enhance your areas of strength.

**Tuesdays 18 & 25 June, 6.30pm to 9pm**  
**\$75 per couple (concessions available)**