

Courses to strengthen relationships

October – December 2020

for men, women, couples and families.

West Leederville, Perth



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.

Relationship Education Courses

Relationships Australia has a reputation for exceptional Relationship Education Programs, ranging from single session workshops to eight week courses. We offer a broad selection of programs and topics that reflect the complexity of contemporary life. Please refer to our website for full and current details including dates, cost, locations and session times.

Attending a course – what to expect

- You will join with about 8 – 12 others to learn about a topic
- Facilitators share knowledge and good practice with you, they do not lecture
- You will not be put under any pressure to speak or read in front of others
- There are no tests
- You are invited to participate, not told to
- Attendance and discussions are confidential
- Facilitators create a friendly and respectful learning environment

TO BOOK YOUR PLACE OR FOR MORE INFORMATION

Call: 6164 0200

Visit: www.relationshipswa.org.au/courses

Email: education@relationshipswa.org.au

Programs for Couples

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. Relationships Australia welcomes same sex couples to all our couples courses.

Together Forever

This weekend course is for couples planning a future together, whether they are going to marry, live together or are already sharing their lives. The course covers expectations, needs, family background and communication.

Fee: \$160 per couple
Time: Fri 6.30 – 9pm, Sat 1 – 5.30pm,
Sun 10am – 1pm
Dates: 6, 7, 8 Nov

Building Better Relationships for Couples

This 8 week course, based on the research of Dr John Gottman, offers couples new ways of relating. Gottman found that increased friendship, trust and commitment, leads to more positivity in the relationship. It also increases a couple's ability to manage differences and conflict. Working with these foundations enables the couple to create increased meaning in their lives together.

Fee: \$160 per couple
Time: One evening a week over 8 weeks
6.30pm – 9pm
Dates: Tues 20, 27 Oct, 3, 10, 17, 24 Nov, 1, 8 Dec
Thur 22, 29 Oct, 5, 12, 19, 26 Nov 3, 10 Dec

Communication for Couples

Whatever the state of your relationship, there is always room for improved communication. The health and strength of a relationship depends on the ability to communicate effectively. This ability, added to a willingness to work through challenges and pressures, leads to growth both as an individual and as a partner. This course is for couples who want to find out how to communicate in a way that creates safety in their relationship so that they can maintain their feelings of love and connection, whilst working through differences.

This weekend course is also 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: Fri 27, Sat 28 & Sun 29 Nov

Partners to Parents

Transitioning from Partners to Parents is a challenging time for most couples. This workshop explores your expectations, emotions and assumptions about becoming parents and offers you effective tools to navigate this transition. Couples who focus their attention on what unites them and produces joy are more likely to experience a healthy and close relationship as a new family.

Fee: \$45 per couple
Time: 9.30am – 12 noon
Date: Sat 31 Oct



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 after which both parties complete a tailored questionnaire online at home. This is followed by a minimum of 2 to 4 hours feedback, in hourly sessions.

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

- Fee:**
- There is a flat rate for the first session, which includes the cost of the on-line questionnaire and two copies of the workbook.
 - Follow up sessions charged on a sliding scale based on couple's income.

Special offer:

Book in to both Prepare and our weekend course "Together Forever" and receive a discount on the "Together Forever" course.

Programs for Individuals/Self Development

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: One evening a week over 6 weeks
6.30 – 9pm

Dates: Mon 19, 26 Oct, 2, 9, 16, 23 Nov

Managing Anger and Stress for Women

Anger is a challenging emotion for many and most of us have not been taught the skills to manage it. This 8 week course helps us to acknowledge and reduce our anger levels before we speak or act. The power we derive from communicating our feelings more appropriately, whether it's with our children, partners or in any other situation, enables us to improve our lives.

This course is not for people affected by domestic violence.

Fee: \$130 per person

Time: One evening a week over 8 weeks
6.30 – 9pm

Dates: Wed 28 Oct, 4, 11, 18, 25 Nov, 2, 9, 16 Dec

Self-Worth – Free to be Me

Held over 8 weeks, this 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.

Fee: \$130 per person

Time: One evening a week over 8 weeks
6.30 – 9pm

Dates: Thur 22, 29 Oct, 5, 12, 19, 26 Nov, 3, 10 Dec

Emotional Intelligence

Emotions play a strong role in individual thought, decision-making, our behaviour and our handling of all relationships. The goal of this all-day workshop is to appreciate the basis for emotions and how, if we link them to our mental processing skills, we can direct them towards a positive effect.

Fee: \$90 per person

Time: Full day 9.30am – 4.30pm

Date: Thur 12 Nov



BOOKINGS AND PAYMENT ARE
ESSENTIAL TO ENSURE A PLACE.

Starting Over

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 relationship breakdown can be distressing, but there are positive things you can do.**

Separation – Divorce: What Now?

This single session workshop gives an introduction to the process of rebuilding after separation or divorce, and you get to meet others going through a similar process. Some topics will include dealing with loneliness after becoming single, the processes of grieving after the crisis of the relationship breakdown, how the emotional divorce process differs for the 'left' and the 'leaver' and understanding some of your role in the relationship breakdown. A great introduction to the Rebuilding after Separation and Divorce course.

Fee: \$30 per person

Time: Single session 6.30 – 9pm

Dates: Mon 14 Dec

Mums Surviving Separation

Separation brings major changes and challenges for Mums – financial and economic adjustments, having to respond to the needs of the children as they adjust to the changes, juggling work and home responsibilities, and multiple losses. This course aims to be a supportive space to explore the challenges of separation with other women in a similar position and to identify and/or reconnect with coping strategies to help in moving on to a fulfilling and happy life.

Fee: \$30 per person

Time: Single session 6.30 – 9pm

Date: Wed 14 Oct

Survival Kit for Separating Dads

Separation presents many challenges for men, especially fathers. If you are going through a separation or divorce this course will provide a supportive place to acknowledge and explore the challenges you are experiencing. We will assist you to identify some practical coping strategies so that you can feel more positive about yourself and your future.

Fee: \$30 per person

Time: Single session 6.30 – 9pm

Dates: Mon 2 Nov

Programs for Stepfamilies

Understanding Stepfamily Relationships

Stepfamilies present a whole array of challenges that are different to those found in a biological family. It is a huge juggling act! This one day workshop is based on research that highlights some of the more helpful ways of forming and living in this new family, be it a stepfamily or a blended family. Learn some useful strategies around how to parent and maintain healthy relationships in this context.

Fee: \$60 per person, \$100 per couple

Time: Full day 9.30am – 4.30pm

Dates: Sat 14 Nov

Programs for Men

These courses have been designed to help men deal with their relationship challenges in a comfortable, honest setting. Please visit our website to view any additional programs for men.

Anger Management (for men)

This 8 week course is for men who are concerned their angry actions and words are hurting themselves and others. It doesn't have to be that way. The participants are encouraged to learn what attitudes, thoughts and beliefs take them down the path of anger. Through weekly practice and group interaction, participants are given the opportunity to develop new skills to help them avoid the harmful effects of anger.

This course is not suitable for men where domestic violence is an issue. *Eligibility criteria may apply.*

Fee: \$130 per person
Time: One evening a week over 8 weeks
6.30 - 9pm
Dates: Wed 28 Oct, 4, 11, 18, 25 Nov, 2, 9, 16 Dec

Fathering after Separation

It's important for fathers to distinguish between their parenting role and their relationship break-up. This session, held in a male-friendly environment, will help you develop parenting skills that are responsive to your children's needs as they find their way through the family separation and to assist you find helpful ways to stay in contact with your children.

We also offer Survival Kit for Separating Dads - please see page 4 for details.

Fee: \$30 per person
Time: Single session 6.30 - 9pm
Dates: Mon 7 Dec

Dads and Daughters (previously Dads Raising Girls/Teen Girls)

For girls, a father's love and support are extremely important. As the primary male role model in a girl's life, Dads hold the key to her self-esteem. A girl's image of herself as intelligent, interesting and capable is boosted by her father. This workshop will identify some of the potential pitfalls for dads and give you some tips to build a rewarding father-daughter relationship.

Fee: \$30 per person
Time: Single session 6.30 - 9pm
Dates: Mon 30 Nov

Dads and Sons (previously Dads Raising Boys/Teen Boys)

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 and attitudes that shape who they become as an adult. This workshop will assist Dads to build a rewarding father-son relationship and how to guide their boys to be strong, resilient young men.

Fee: \$30 per person
Time: Single session 6.30 - 9pm
Date: Mon 14 Dec



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.

Parent-Child Connection

Whilst raising children is considered one of life's most rewarding experiences, it can also be challenging and frustrating at times. Parenting doesn't come with a guidebook but we do know what helps create a strong parent-child connection: security, positive attention and good communication - plus boundaries and fair rules. This practical course will help you understand your child's development and behaviour and give you some tools so you can parent with confidence and enjoy your kids.

Fee: \$50 per person, \$75 per couple
Time: One evening a week over 4 weeks
6.30 - 9pm
Dates: Mon 9, 16, 23, 30 Nov

Parent-Teen Connection

We know that adolescence can be a time of turmoil and change - for both children and their parents. There are plenty of things you can do as a parent to maintain a strong relationship and stay connected. This course will provide you with a practical 'how-to' guide to help you understand your teen's behaviour and give you some skills to manage challenges effectively.

Fee: \$50 per person, \$75 per couple
Time: 2 sessions 9.30am-1pm
Dates: Sat 14 & 21 Nov

Emotion Coaching Your Child

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. We explore the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

Fee: \$30 per person
Time: Single session 6.30 - 9pm
Dates: Mon 19 Oct

Parenting After Separation - From conflict to cooperation

If it is managed well by the adults, separation doesn't have to be harmful for children. It is the ongoing conflict that is damaging. Research shows what children need after their parents separate is a secure base with parents they trust and feel comforted by. Parents who can make room for thinking about their children's needs, apart from their own needs, can help their children adapt best to family separation.

Fee: \$30 per person
Time: Single session 6.30 - 9pm
Dates: Wed 21 Oct

Mums Raising Teenage Boys

It can be difficult for mums to watch their boys move away from them as they grow up. Boys need their mothers to step back but never lose contact with his world and his concerns. Mums still have an important role to play, showing him how to relate to others, particularly to girls and women, and helping him feel good about himself.

Fee: \$30 per person
Time: Single session 9.30am - 12 noon
Dates: Sat 28 Nov

Workshops for Everyone

These single session workshops give an overview of various aspects of relationships and are a great introduction to our longer, in-depth relationship courses.

Most single sessions run for two and a half hours in the evening but we do offer some longer sessions, daytime and weekend courses. Please see our website for up to date information.

Communication in Relationships

People who communicate with care create healthy relationships. This session covers the basic principles for communicating with those you love to gain clarity and achieve respectful relationships.

Dates: Mon 26 Oct

Time: 6.30pm – 9pm

Healthy Conflict in Relationships

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

Date: Mon 7 Dec

Time: 6.30pm – 9pm

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 your relationships with family, friends, neighbours and work colleagues. It helps you to get your needs met whilst respecting the needs of others.

Date: Tues 15 Dec

Time: 6.30pm – 9pm

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 workshop looks at the difference between healthy and unhealthy boundaries and teaches skills that help with good boundary setting.

Dates: Wed 21 Oct

Time: 6.30pm – 9pm

Relationships Australia also offers Workplace Training courses including:

- Defusing Angry and Abusive Clients
- Mentoring Adolescents
- Parenting Between Cultures: Working with Migrant and Refugee Parents
- Accidental Counsellor – in the Workplace
- Introduction to Couples Counselling

Customised Courses

Some of these courses can be delivered by Relationships Australia for your organisation at a venue of your choice.

For more information on customised courses contact:

Esther Mwathi:

Esther.Mwathi@RelationshipsWA.org.au

6164 0207

Visit: www.relationshipswa.org.au/courses

Email: education@relationshipswa.org.au

Call: 6164 0200

COURSES ARE HELD AT:

WEST LEEDERVILLE

Relationships Australia,
Level 1, 22 Southport Street

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[®]

WESTERN AUSTRALIA

www.relationshipswa.org.au/courses

6164 0200



Course Locations

Bunbury courses are held in the
Bunbury Family Relationship Centre
Access Symmons Street.

Ticket parking on Symmons Street during
business hours.

If the course you're looking for is not on in Bunbury,
please refer to our website or full brochure for courses
running in other locations. Relationships Australia also
provides a wide range of other services for families and
individuals. Please contact us on 6164 0100 or visit our
website at www.relationshipswa.org.au.

About Relationships Australia WA

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.

For BUNBURY bookings please

phone: 6164 0566 or

email: bunbury.education@relationshipswa.org.au

20 Molloy Street
Bunbury
www.relationshipswa.org.au

Relationships Australia
WESTERN AUSTRALIA

Relationships Australia

Bunbury

October-December 2020

Workshops & Courses

- Communication
- Conflict
- Parenting
- Relationship Building



Contact

Phone: 6164 0566 or

Email: bunbury.education@relationshipswa.org.au

Longer Course

Communication Effectively- 6 week course

Communication is a lot more than a set of words, more than giving and receiving information. Effective communicators know how to bring together the many aspects of communication so they can get a point across, listen to others, and can resolve issues. They know how to connect well with others and be liked by others. This course helps you to build these skills and in doing so, improve your personal or professional relationships.

Tues 13 Oct-17 Nov 6pm-8.30pm \$110pp

Workshops

Understanding Angry Emotions

This workshop for men and women is an introduction to helping you understand anger and turn it to your advantage. We introduce the concept that anger can be constructive and look at strategies for positive resolution, including how we can learn to respond and not react in an unhelpful way.

Thurs 22 October 9.30am-12pm \$30pp

Supporting Your Anxious Child

This workshop explores anxiety in an easy to understand format and gives you strategies to support your anxious child.

Thurs 29 October 6pm-8.30pm \$30pp

Fathering After Separation

It is important for fathers to distinguish between their parenting role and their relationship breakup. This workshop (for men only) looks at the experience of dads after separation, how children can react to separation and proactive ways to keep in touch with your child.

Thurs 12 November 6pm-8.30pm \$30pp

Parenting After Separation

If it is managed well by the adults, separation doesn't have to be harmful for children. Research shows that what children need after their parents separate is a secure base with parents they trust and feel comforted by. Parents who can make room for thinking about their children's needs, apart from their own needs, can help their children adapt best to family separation.

Tues 24 November 9.30am-12pm \$30pp

Survival Kit for Separated Dads

Separation presents many challenges for men, especially fathers. If you are going through a separation or divorce, this workshop will provide a supportive place to acknowledge the changes you are experiencing through the process. We will also assist you to identify practical coping strategies so that you can feel more positive about yourself and your future.

Thurs 26 November 6pm-8.30pm \$30pp

Healthy Conflict in Relationships

Conflict is a normal part of any relationship. How to manage it and resolve problems in a way that improves relationships rather than harms them is the focus of this workshop.

Tues 8 December 6pm-8.30pm \$30pp

About Relationships Australia WA

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.

Course Locations

Mandurah courses are held at:
Lotteries House
7 Anzac Place,
Mandurah

If the course you're looking for is not on in Mandurah, please refer to our website or full brochure for courses running in other locations. Relationships Australia also provides a wide range of other services for families and individuals. Please contact us on 6164 0100 or visit our website at www.relationshipswa.org.au.

For MANDURAH bookings please
phone: 6164 0588 or
email: mandurah.education@relationshipswa.org.au

Like us on Facebook
Relationships Australia WA (Mandurah)

Mandurah

October - December 2020

Workshops & Courses

- Communication
- Conflict
- Parenting
- Relationship Building
- Self Development



www.relationshipswa.org.au

Relationships Australia
WESTERN AUSTRALIA

Contact

Phone: 6164 0588 or

Email: mandurah.education@relationshipswa.org.au

Long Courses

Anger Management for Men - 8 week course

This 8 week course is for men who are concerned their angry actions and words are hurting themselves and others. It doesn't have to be that way.

The participants learn what attitudes, thoughts and beliefs take them down the path of anger. Through weekly practice and group interaction, participants develop new skills to help them avoid the harmful effects of anger.

This course does not address behaviours associated with domestic violence.

Mon 19 Oct-14 Dec 6pm-8.30pm \$130pp
(course fee can be paid in instalments)

Self Worth - Valuing Yourself (For Women) - 4 week course

A positive sense of self-worth is vital for good health and happiness. This four week course gives participants a better understanding of themselves and others, while providing skills and strategies to enhance self-esteem. You will be given the opportunity to practice new skills, take reasonable risks and set goals within a safe and trusting environment.

Tues 20 Oct-10 Nov 9.30am-12pm \$60pp
(course fee can be paid in instalments)

Workshops

Successful Single Parenting For men & 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.

Wed 28 Oct 9.30am-12pm \$30pp

Stronger Stepfamilies For couples

Growing a stepfamily presents 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.

Thurs 5 Nov 6pm-8.30pm \$30pp

Fathering after Separation For men only

It is important for fathers to distinguish between their parenting role and their relationship breakup. This workshop (for men only) looks at the experience of dads after separation, how children can react to separation and proactive ways to keep in touch with your child.

Tues 17 Nov 6pm-8.30pm \$30pp

Emotion Coaching Your Child For men & women

Raising our children should be one of life's greatest experiences, but as every parent knows it can often be overwhelming. This workshop is designed to introduce you to the art of Emotion Coaching which helps parents to be supportive of their child's emotional world and to value emotional connection and intimacy.

Mon 23 Nov 6.30pm-9pm \$30pp

Communication in Relationships For individuals & 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 both individuals and couples, and will explore components of communication, such as verbal & non-verbal skills, barriers and roadblocks to communication and listening skills.

Tues 24 Nov 6.30pm-9pm \$30pp

Mindfulness For men & women

Research has shown that mindfulness training helps you to deal with stress better, improve your concentration, and enhance 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.

Mon 30 Nov 6.30pm-9pm \$30pp

Parenting Teens Recommended for parents of children aged 10+

This workshop provides you with information to help you understand what is happening for your teenager - mentally, physically and emotionally. Explore your changing and challenging role as a parent to a teenager.

Tues 8 Dec 9.30am-12pm \$30pp

Online Workshops

Self-Worth: An Introduction Wednesday 14 Oct 6.30pm-9pm OR 25 Nov 9.30am-12pm

Healthy self-worth is one of the keys to physical and emotional well-being. With healthy self-worth we are more able to participate in positive relationships with others and maintain a consistently good emotional state in which a person is better able to feel good about themselves

Bringing up Great Kids Wednesday 28 Oct to 25 Nov \$60pp 6.30pm-9pm

This 5 week course is for parents and carers who want to understand their child's behaviour and through self-reflection, gain helpful insights into their own parenting.

Mums Raising Teen Girls Monday 2 November 6.30pm-9pm

The passage from girl to young woman can be challenging, not only for her, but also for you as her mother. The aim of this interactive session is to help you stay connected with your teenage daughter while recognising the reality of her world.

Healthy Conflict in Relationships Monday 9 November 6.30pm-9pm

Conflict is a normal part of any relationship. How to manage it and resolve problems in a way that improves relationships rather than harms them is the focus of this workshop.

Dads and Daughters Thursday 12 November 6.30pm-9pm

A girl's image of herself as intelligent, interesting and capable is boosted by her father. This workshop will identify some of the potential pitfalls for dads and give you some tips to build a rewarding father-daughter relationship.

Supporting Your Anxious Child Monday 16 November 6.30pm-9pm

Are you concerned that your child seems overly anxious? Do they often seem irritable, regularly having emotional outbursts? They may be experiencing anxiety. This workshop explores anxiety in an easy to understand format and gives you strategies to support your anxious child.

Introduction to Managing Anger-for Men Mon 23,30 Nov & 7 Dec \$95pp 6.30pm-9pm

Are your angry actions and words hurting you and others? It doesn't have to be that way. This 3 session online workshop will try to help you understand the attitudes, thoughts and beliefs that take you down the path of anger. (Eligibility criteria apply).

Setting Healthy Boundaries Wednesday 2 December 6.30pm-9pm

In order to experience satisfying connections with other people, we need to set healthy boundaries. This workshop looks at the difference between healthy and unhealthy boundaries and teaches skills that help with good boundary setting.

Single Workshop Cost \$30pp unless otherwise stated

Please phone (08) 6164 0200 to enrol as bookings, registrations and payment are required

Online sessions are interactive and the minimum requirement to attend will be a Computer/Laptop/Tablet with webcam and microphone (smart phones are not suitable).

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au