

# Communication in Relationships

## West Leederville



We are often faced with stresses in our daily lives. Whether with family, friends or work colleagues, effective communication is essential for seeking to feel understood, resolve conflicts, and build trust in relationships. By actively listening, expressing your emotions, and respectfully articulating your needs, you will form stronger connections that promote mutual respect and cooperation.

In this 2.5-hour workshop, you will receive support to learn strategies to enhance your communication skills.

You will learn:

- Essential communication principles and skills
- Barriers that lead to communication breakdown
- Strategies to enhance feelings of connection
- Important aspects of both verbal and non-verbal communication

This course is a great introduction to learning some essential communication skills which can be of benefit to all relationships. It is suitable for both couples and individuals to attend.

**When:** Wednesday 5 Feb 2025

**Time:** 6.30pm – 9.00pm

**Where:** WEST LEEDERVILLE – Level 1, 22 Southport St

**Cost:** \$30 per person, \$15 concession



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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