

Mindfulness

Transform your relationships

It is natural to react to the people we love in ways that are not helpful. Research has shown that mindfulness practice helps people to respond rather than react and enjoy greater satisfaction in relationships, deal with relationship stress more constructively and be able to communicate more effectively, particularly in conflict situations.

This session will cover:

- Simple mindfulness exercises
- How to manage uncomfortable or painful feelings
- How to manage negative thinking
- Ways to be who you truly want to be in your relationship

Where: WEST LEEDERVILLE – Level 1, 22 Southport Street

When: Wednesday 20 October 2021

Time: 6.30pm – 9.00pm

Cost: \$30 per person

Bookings are required. Please phone 6164 0200 to enrol.

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

Relationships Australia.