

# Starting Together, Staying Together

## West Leederville



A relationship begins with love, exploration, and positive hopes for the future. Being in a new relationship is an exciting time for couples. For many, thoughts of a life together become focused on wedding plans, and new homes, with many hours of preparation to ensure that these elements are as close to perfect as possible. However, this can mean that the focus is often taken away from the elements that are essential to building strong foundational bonds that are essential for a lasting, resilient, and stable relationship.

This course has been designed to bring the focus on where it needs to be, in helping you to identify attitudes and develop the skills that will help a couple starting their life together develop strong foundational relational bonds that help a couple stay together particularly when times become difficult. This four-week course will cover:

- Effects of family of origin on later intimate relationships including Attachment Theory
- Understanding the stages of a relationship
- Establishing couple safety
- Developing emotional fitness
- Learning how to co-operate, especially when there are differences
- Discuss the importance of intimacy

**When:** Wednesdays 12 19 26 February 5 March 2025

**Time:** 6.30pm to 9pm

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

**Cost:** \$140 per couple, \$70 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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