

# Together Forever

This weekend course is for couples planning a future together, whether they are going to marry, live together or have already begun sharing their lives. With the aim of improving mutual understanding, communication and intimacy, this course is an investment in your future happiness.

## Topics include:

- Effects of family of origin on expectations, attitudes and behaviours
- Needs of both the individuals and the couple as a whole, i.e. the needs of the two separate 'I' and the 'We'
- Communication skills, including an awareness of each other's actions that block communication
- Using the Awareness Wheel as a tool for communication
- The part anger plays in relationships
- Positive attitudes around conflict and the tools to ensure a win-win outcome
- The four stages of relationship and the subsequent tasks
- The five love languages and ways to increase and maintain intimacy
- The need to make prime time for each other, for the 'We'
- Co-operative goal setting

This course is a useful adjunct to the **Prepare/ Enrich Questionnaire** - a program designed to focus on important relationship issues made up of an **initial one hour session followed by a minimum of two hours/up to a maximum of 4 hours feedback, one-on-one with a Facilitator.**

**Where:** WEST LEEDERVILLE - Level 1, 22 Southport Street

**When:** 26 27 28 March 2021  
18 19 20 June 2021

**Time:** Friday 6.30pm - 9.00pm, Saturday 1.00pm - 5.30pm,  
Sunday 10am - 1pm

**Cost:** \$160 per couple

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