Mandurah

Would you like to improve your relationships?

Check out our term 1 courses:
February–April 2016

Mindfulness
For men and women
It is common to react to the people we love in ways that are often not helpful. Research has shown that mindfulness practice helps you to respond rather than react and enjoy greater satisfaction in relationships. It helps you to deal with relationship stress more constructively and communicate more effectively, particularly in situations involving conflict.

Monday 4 April
6.30pm-9pm
$25 per person (concessions available)

Stepfamilies—An Introduction
For couples and individuals
Step and blended families present 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.

Thursday 7 April,
6.30pm–9pm
$25 per person (concessions available)
$40 per couple (concessions available)

One-2-One Sessions for Men
Run on a one-to-one basis by an experienced male Relationships Educator in an informal setting. These sessions (up to one hour duration) give men a chance to discuss issues of concern regarding relationships and receive relevant information, tips and strategies in a confidential setting.
Please note: These sessions are not counselling, but more so the opportunity to gain relevant information or referral to a suitable program or course.
By appointment only

About Relationships Australia
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.

If the course you’re looking for is not on in Mandurah, please refer to our website or full brochure for all courses running in other Perth locations. Relationships Australia also provides a wide range of other services for families and individuals. Please contact us on 9583 6090, visit our website, or email us on Mandurah.Education@relationshipswa.org.au

To book a course, please phone 9583 6090 or email us on: Mandurah.Education@relationshipswa.org.au

The courses we offer change every school term. Please check our website for current information:
www.relationshipswa.org.au

Relationships Australia
Lotteries House, Suite 5
Anzac Place, Mandurah
www.relationshipswa.org.au

Enquiries and Bookings
9583 6090
Mandurah.Education@relationshipswa.org.au
Self Worth
For women only
A positive sense of self worth is vital for good health and happiness. This six week course helps you understand how to manage fear and learn to say "no". It also gives you skills to develop increased confidence and positive self esteem. Course fee includes a free book.

Mondays, 8 Feb – 21 March, 9.30am – 12 noon
$120 per person (concessions available)

Family of Origin
For men and women
Everybody brings 'hidden baggage' into adult relationships from their Family of Origin – the environment in which they were raised. This workshop helps you to consider some of the behaviour patterns included in your baggage that may need to be challenged or replaced.

Wednesday 30 March, 6.30pm – 9pm
$25 per person (concessions available)

Dads Understanding Daughters
For men only
As the primary male role model in a girl’s life, dads play an important role in the development of their self-concept and self esteem. This can often affect how girls relate to others, particularly to boys and men. Find out how to build a rewarding dad-daughter relationship.

Thursday 31 March, 6.30pm – 9pm
$25 per person (concessions available)