

## Teens and Anger

For parents

Does your teenager always seem to be angry? Is it hard for you to control your anger around them? This course gives you an insight into why the teenage years can seem like an anger minefield and will give you new ideas and skills in managing your teens' angry emotions.

Monday 27 March, 6.30pm–9pm

\$30 per person (concessions available)

## Confident Man

For men only

Would you like to feel better about yourself and have a greater sense of self confidence? Positive self esteem is essential to good physical and emotional health, as well as an important aspect of building strong relationships. This workshop helps you understand what self esteem is and gives you tools to develop more self confidence.

Wednesday 29 March, 6.30pm–9pm

\$30 per person (concessions available)

## Enhancing Couple's Relationships

For couples only—Two week course

Couples' relationships today face many challenges and pressures. This two night course will help you improve your communication skills and deepen the understanding and connection between you. Over two weeks you will be given the opportunity to explore your relationship, work on areas that need improvement and enhance areas of strength.

Thursdays, 30 March & 6 April, 6.30pm–9pm

\$75 per couple (concessions available)

### 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.

## 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.

Wednesday 5 April, 6.30pm–9pm

\$30 per person (concessions available)

### One-2-One Sessions for Men

These one-to-one sessions (up to one hour duration) are with an experienced male relationships educator to give men a chance to discuss issues of concern regarding relationships and receive relevant information, tips and strategies in a confidential, informal setting. 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

To book a course, please phone 6164 0588

or email us on:

Mandurah.Education@relationshipsaustralia.org.au

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

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

Relationships Australia

Mandurah

*Would you like to improve your relationships?*

*Check out our term 1 courses:*

February–April 2017



Relationships Australia

Lotteries House, Suite 5  
Anzac Place, Mandurah  
[www.relationshipswa.org.au](http://www.relationshipswa.org.au)

Enquiries and Bookings  
6164 0588

Mandurah.Education@relationshipsaustralia.org.au

## Managing Anger & Stress for Women

For women only– Four week course

Are you feeling stressed, tired and angry? Do you take these feelings out on the people you love? Or do you bottle up these emotions and end up feeling overwhelmed and ready to explode? This is a four week course for women specifically designed to help you learn about managing these difficult feelings. Join with other women like you who want to start feeling more at peace with themselves and others.

**Mondays, 6 Feb – 27 Feb, 6.30pm – 9pm**

**\$60 per person (concessions available)**

**(course fee can be paid in weekly instalments)**

## Anger Management for Men

For men only– Seven week course

This seven week course is for men who want to learn how to manage their anger better. It helps men to understand anger and reduce its harmful effects by developing and practicing new skills.

**Wednesdays, 8 Feb–22 March, 6.30pm–9pm**

**\$130 per person (concessions available)**

**(course fee can be paid in weekly instalments)**

## Successful Single Parenting

For men and women

Being a parent can be a difficult and challenging experience, and sole parenting brings its own unique issues. This session explores issues relevant to the specific stressors single parents face in caring for their children and themselves.

**Tuesday 28 February, 9.30am to 12 noon**

**\$30 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 2 March, 6.30pm–9pm**

**\$30 per person, \$50 per couple (concessions available)**

## Rock & Water (ages 8-14)

For parents and children

This activity based program builds on the complementary strengths of the 'rock' and 'water'. One is firm and assertive, while the other is flexible and willing to cooperate. Topics such as bullying, life goals, positive self image, communication skills and boundaries are covered. This course is attended by a parent/caregiver and one child (age 8-14) together.

**Saturday 11 March, 9am to 1pm.**

**\$60 per parent and child (concessions available)**

## Self Worth –Valuing Yourself

For women only–Four week course

A positive sense of self-worth is vital for good health and happiness. This four week course gives participants a better understanding of themselves and others, while providing skills and strategies to enhance self-esteem. You will be given the opportunity to practice new skills, take reasonable risks and set goals within a safe and trusting environment.

**Tuesdays, 14 March–4 April, 9.30am – 12 noon**

**\$60 per person (concessions available)**

**(course fee can be paid in weekly instalments)**

## Mums Raising Teenage Boys

For women only

Raising teenagers is not a task for the faint-hearted. As the primary female role model in a boy's life, mothers play an important role in the development of their son's identity. This seminar will explore the issues involved for mothers raising or soon-to-be-raising teenage boys.

**Thursday 16 March, 6.30pm-9pm**

**\$30 per person (concessions available)**

## Mindfulness

For men and women

Mindfulness is the practice of becoming more fully aware of living in the moment. It enables you to become more able to manage negative thoughts, emotions and stress in your life. Come to this one night session to learn more about how to manage your life in a mindful way.

**Monday 20 March, 9.30am–12 noon**

**\$30 per person (concessions available)**

## Communication in Relationships

For couples and individuals

Communication is much more than imparting information or seeking answers, effective communication is the avenue through which people connect, thus enhancing intimacy and understanding. This one night seminar is for both individuals and couples, and will explore components of communication– verbal & non-verbal, barriers and roadblocks to communication and listening skills.

**Thursday 23 March, 6.30pm–9pm**

**\$30 per person, \$50 per couple (concessions available)**