

Fathering After Separation

For men only

It's important for fathers to distinguish between their parenting role and the relationship break-up. This session, held in a male-only environment, suggests ways in which fathers can keep in touch with children, even if hindered by formal access arrangements.

Wednesday 6 September, 6.30pm to 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.

Mondays, 11 & 18 September, 6.30pm to 9pm
\$75 per couple (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.

Monday 11 September, 6.30pm to 9pm
\$30 per person (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 13 September, 6.30pm to 9pm
\$30 per person (concessions available)

Successful Single Mums

For women only

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 mums face in caring for their children and themselves.

Monday 18 September, 9.30am to 12 noon
\$10 per person - free crèche available
Falcon Family Centre, 9534 3010

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

Relationships Australia

Mandurah

Can our personal
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July – September 2017



Relationships Australia

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

Enquiries and Bookings
6164 0588

Mandurah.Education@relationshipsaustralia.org.au

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.

Mondays 24 July–4 Sept, 6.30pm to 9pm
\$130 per person (concessions available)
(course fee can be paid in weekly instalments)

Parenting Teens

Recommended for parents of children aged 10+

Parenting an adolescent can be a challenging and stressful time. This seminar will help you to gain a greater understanding of what is happening during the teenage years to help improve your relationship with your teenager.

Tuesday 25 July, 9.30am to 12noon
\$30 per person (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 1- 22 August, 9.30am to 12noon,
\$60 per person (concessions available)
(course fee can be paid in weekly instalments)

Mindfulness

For men and women

Mindfulness is the practice of becoming more fully aware of living in the moment. Practicing mindfulness 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 engage with life in a mindful way.

Wednesday 16 August, 6.30pm to 9pm
\$30 per person (concessions available)

Anti-Bullying - 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 19 August, 9am to 1pm.
\$60 per parent and child (concessions available)

Communication in Relationships

For couples

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 couples, and will explore components of communication– verbal & non-verbal, barriers and roadblocks to communication and listening skills.

Wednesday 23 August, 6.30pm to 9pm
\$30/\$50 per couple (concessions available)

Coaching Kids' Emotions

For women

After many decades of research it has been found that one of the most useful skills and awareness a parent can give their child is emotional intelligence. This means helping their child to recognize what they are feeling and why. This seminar explores the most helpful ways of responding to a child to help them to learn how to regulate their own emotions.

Thursday 24 August, 9.30am to 12 noon
\$10 per person - free crèche available
Falcon Family Centre, 9534 3010

Emotional Intelligence

For men and women

When we understand and know how to use our emotions, we are able to cope with the most difficult problems. This two night workshop is a follow-up to our one night Mindfulness workshop, and helps you to mindfully develop your emotional intelligence.

Mondays 28 August & 4 Sept, 6.30pm to 9pm
\$50 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.

Wednesday 30 August, 6.30pm to 9pm
\$30/\$50 per couple (concessions available)