Understanding Angry Emotions
For men and women
This one night seminar helps you to understand anger and learn new skills to manage it. You will begin to understand what might be motivating your anger, identify some common ways people mismanage anger and learn strategies to help you resolve anger.

Tuesday 21 June, 6.30pm–9pm
$25 per person (concessions available)

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 27 June, 6.30pm–9pm
$25 per person (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.

COMING IN TERM 3
Building Better Relationships
A Weekend Course for couples
Join us over a Saturday afternoon and Sunday morning to explore new ways of relating and being intimate. You will increase your awareness of each other and your ability to work through change and problems.

CALL OR EMAIL TO REGISTER YOUR INTEREST NOW!

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

Enquiries and Bookings
9583 6090
Mandurah.Education@relationshipswa.org.au
Communicate Effectively
For women only
Healthy relationships, whether at work or at home, are created by individuals who communicate clearly and effectively. This 6 week course covers all areas of communication including attitudes, listening and speaking skills, and conflict resolution.
Mondays, 9 May–20 June, 9.15am – 11.45am
$100 per person (concessions available)

Anger Management for Men
For men only
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.
Thursdays, 12 May – 23 June, 6.30pm–9pm
$120 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.
Tuesday 17 May, 6.30pm–9pm
$25 per person, $40 per couple (concessions available)

Understanding Love—The 5 Love Languages
For couples and individuals
Emotionally connecting with the people we love can feel difficult and confusing as society can provide conflicting information about what love is and isn’t. This workshop helps you become clearer about love relationships. Learn what your love language is and how knowing that can change you in relationships.
Wednesday 18 May, 6.30pm-9pm
$25 per person, $40 per couple (concessions available)

Healthy Conflict in Relationships
For couples and individuals
Are you often in conflict with others? Don’t be too worried! Differences are part of any close relationship and can be healthy. Learn how to manage conflict and make it constructive.
Tuesday 7 June, 6.30pm–9pm
$25 per person, $40 per couple (concessions available)

Successful Single Parenting
For men and women
Being a parent is often difficult and challenging, 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.
Wednesday 8 June, 9.30am–12noon
$25 per person (concessions available)

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.
Tuesday 14 June, 6.30pm–9pm
$25 per person (concessions available)

Mums Raising Teenage Girls
For women only
Raising teenagers is not a task for the faint-hearted. This seminar helps mothers to better understand their daughters and the challenges they go through during puberty. It helps you to equip your daughters to be happy and strong individuals. Also suitable for mothers whose daughters are not yet teenagers.
Wednesday 15 June, 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.
Monday 20 June, 6.30pm–9pm
$25 per person, $40 per couple (concessions available)