Mandurah
Would you like to improve your relationships?
Check out our term 4 courses:
October–December 2016

Keeping it Together at Christmas
For men and women
Christmas is a time of joy, however it can also be a stressful time. This course enables you to explore how to manage stress during this season, as well as how to maintain happy, stable and fulfilling relationships with open communication. The course will cover topics such as expectations, realities, time management, conflict resolution and stress management.
Monday 5 December, 9.30am–12noon
$15 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.
Thursday 8 December, 6.30pm–9pm
$30 per person (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.
Monday 12 December, 6.30pm–9pm
$30 per person, $50 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.

Enquiries and Bookings
9583 6090
Mandurah.Education@relationshipswa.org.au

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

To book a course, please phone 9583 6090 or email us on:
Mandurah.Education@relationshipswa.org.au
Managing Anger & Stress for Women
For women only
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 an eight 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.
Tuesdays, 18 Oct – 6 Dec, 9.30am – 12 noon
$130 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. It enables you to become more able to manage negative thoughts, emotions and stress in your life.
Monday 21 November, 6.30pm–9pm
$30 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, 20 Oct – 1 Dec, 6.30pm–9pm
$130 per person (concessions available)
(course fee can be paid in weekly instalments)

Mums Raising Boys
For women only
As the primary female role model in a boy’s life, mothers play an important role in the development of their son’s identity including their ability to be nurturing. This in turn affects how they relate to others, particularly to girls and women. This workshop will cover the importance of the mother-son relationship, what boys need from their mums and practical ways to improve and maintain a positive and rewarding relationship.

Wednesday 26 October, 6.30pm–9pm
$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.

Wednesday 16 November, 6.30pm–9pm
$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.

Wednesday 9 November, 6.30pm–9pm
$30 per person, $50 per couple (concessions available)

And Baby Makes 3
For new parents and parents-to-be
Becoming parents for the first time is an amazing experience, but it can also be overwhelming! During this morning session you will be led in a fun and informative session where you will have the opportunity to reflect on how becoming parents can impact on your relationship. Share your challenges in a supportive environment and learn new skills to enhance your experience as new parents. Baby is welcome to attend too!

Saturday 12 November, 10am-12noon

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 teen’s angry emotions.

Monday 14 November, 6.30pm-9pm
$30 per person/$50 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.

Tuesday 22 November, 6.30pm-9pm
$30 per person (concessions available)