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

Prepare – Enrich Questionnaire

Prepare-Enrich is a customized couple questionnaire completed online. It is a program designed to focus on important relationship issues by assisting couples in all stages of their relationship, whether in a committed relationship or planning one. The program is divided into an initial 1 hour session followed by 3 hours of feedback over 2 sessions.

Fee: $100 for the first session, including the cost of an on-line questionnaire and two copies of the workbook. Follow up sessions charged on a sliding scale, based on income, ranging from $30 to $100 per session.

By appointment only, contact 9583 6090

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 for all courses running in other Perth locations. Relationships Australia also provides a wide range of other services for families and individuals.

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

www.relationshipswa.org.au

Concessions apply to card holders

To book a course, please phone: 9583 6090

Or email: Mandurah.Education@relationshipswa.org.au

BOOKINGS ARE ESSENTIAL

Courses to strengthen relationships for men, women, couples and families in the Peel region

Would you like to improve your Relationships?

Check out our Term 4 - 2015 workshops & courses

Personal Testimonies:

Sarah: “I loved this course, I learnt so much about myself. It was fantastic”

John: “Well worth doing, an open and honest environment to talk and listen freely”

Amy: “Just a huge thank you for helping me, it wasn’t just me you helped but my kids too”
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 a seven 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, 26 October – 7 December
9.30am – 12 noon
$120 per person (concessions available)

Anger Management for Men
For men only
This seven week course is for men who have difficulty managing their anger. It helps men to understand anger and reduce its harmful effects by developing new skills.

Thursdays, 22 October – 3 December
6.30pm – 9pm
$120 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.

Tuesday 10 November,
6.30pm – 9pm
$25 per person (concessions available)
$40 per couple (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 11 November
6.30pm – 9pm
$25.00 per person (concessions available)

Parenting Teens
For men and women
This seminar provides you with information to help you understand what is happening for your teenager mentally, physically and emotionally. Explore your changing and challenging role as a parent to a teenager.

Tuesday 17 November, 6.30pm to 9pm
$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 24 November, 6.30pm – 9pm
$25 per person (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 28 November, 9am to 1pm.
$50 per family (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 30 November
6.30pm – 9pm
$25 per person (concessions available)

Healthy Self Esteem
For men and women
Would you like to feel better about yourself? Self esteem is essential to good health, both physical and emotional. This workshop helps you understand what self esteem is and gives you tools to develop a more positive self esteem.

Wednesday 2 December
6.30pm – 9pm
$25 per person (concessions available)

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