<table>
<thead>
<tr>
<th>Workshop</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Managing Anger &amp; Stress for Women</td>
<td>Mondays 26 October– 7 December</td>
<td>9.30am to 12noon</td>
<td>$120</td>
</tr>
<tr>
<td>Anger Management for Men</td>
<td>Thursdays 22 October - 3 December</td>
<td>6.30pm to 9pm</td>
<td>$120</td>
</tr>
<tr>
<td>Stepfamilies - An Introduction</td>
<td>Tuesday 10 November—6.30pm to 9pm</td>
<td>$25/$40 couple</td>
<td></td>
</tr>
<tr>
<td>Communication in Relationships</td>
<td>Wednesday 11 November—6.30pm to 9pm</td>
<td>$25/$40 couple</td>
<td></td>
</tr>
<tr>
<td>Parenting Teens</td>
<td>Tuesday 17 November — 6.30pm to 9pm</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Fathering After Separation</td>
<td>Tuesday 24 November — 6.30pm to 9pm</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Rock &amp; Water (ages 8 - 14)</td>
<td>Saturday 28 November — 9am to 1pm</td>
<td>$50 per family</td>
<td></td>
</tr>
<tr>
<td>Mindfulness</td>
<td>Monday 30 November — 6.30pm to 9pm</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Healthy Self Esteem</td>
<td>Wednesday 2 December — 6.30pm to 9pm</td>
<td>$25</td>
<td></td>
</tr>
</tbody>
</table>

**Discounts available for concession cardholders.**

For all enquiries phone: 9583 6090

Email: Mandurah.Education@relationshipswa.org.au

Suite 5, Lotteries House, Anzac Place, Mandurah

For more information on all of our courses refer to our website: www.relationshipswa.org.au

BOOKINGS ESSENTIAL