

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.

Thursday 15 June, 6.30pm–9pm

\$30 per person (concessions available)

Emotional Intelligence

For couples and individuals

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 great follow-up to our one night Mindfulness workshop, and helps you to mindfully develop your emotional intelligence.

Mondays 19 & 26 June, 6.30pm–9pm

\$50 per person (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.

Tuesday 27 June, 6.30pm–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 28 June, 6.30pm–9pm

\$30 per person (concessions available)

One-2-One Sessions for Men

These one-to-one sessions (up to one hour duration) are with an experienced male relationships educator to give men a chance to discuss issues of concern regarding relationships and receive relevant information, tips and strategies in a confidential, informal setting. 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

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.

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

Relationships Australia.

Mandurah

*Can our workshops help
your relationships?*

Term 2

May–June 2017



Enquiries and Bookings

6164 0588

Mandurah.Education@relationshipsaustralia.org.au

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.

Mondays 8 - 29 May, 6.30pm to 9pm,
\$60 per person (concessions available)
(course fee can be paid in weekly instalments)

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.

Tuesdays, 9 May – 20 June, 6.30pm to 9pm
\$130 per person (concessions available)
(course fee can be paid in weekly instalments)

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 29 May, 9.30am to 12 noon
\$10 per person
Falcon Family Centre, 9534 3010

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. Come to this one night session to learn more about how to manage your life in a mindful way.

Wednesday 31 May, 6.30pm to 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.

Thursday 1 June, 6.30pm–9pm
\$30/\$50 per couple (concessions available)

Managing Anger & Stress for Women

For women only–Four week course

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 four 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 6 – 27 June, 9.30am - 12noon
\$60 per person (concessions available)
(course fee can be paid in weekly instalments)

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.

Thursday 8 June, 6.30pm–9pm
\$30/\$50 per couple (concessions available)

Express Yourself Assertively

For couples and individuals

You may be a good communicator, but isn't there always room for improvement? Asserting yourself effectively gives you the edge in improving your communication.

Friday 9 June, 9.30am -12 noon
\$30 per person (concessions available)

Healthy Self Esteem

For women only

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.

Monday 12 June, 9.30am -12 noon
\$10 per person
Falcon Family Centre, 9534 3010

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 June, 6.30pm-9pm
\$30/\$50 per couple (concessions available)