Mandurah
February – July 2014
Workshops & courses
- Dealing with Stress and Anger for Women
- Understanding Step Family Relationships
- Communication in Relationships
- Mums Raising Teenage Girls
- Mums Raising Teenage Boys
- Successfully Single
- Successful Single Parenting
- Understanding Angry Emotions
- Enhancing Couple’s Relationships
- Anger Management for Men
- Fathering after Separation
- Dads Understanding Daughters

Professional development seminars
- Understanding and Managing Anger and Aggression in the Workplace

Courses to strengthen relationships for men, women, individuals, couples and families

PROFESSIONAL DEVELOPMENT SEMINARS
Seminars designed specifically for professionals, volunteers and people working with clients in the community sector.

Understanding and Managing Anger and Aggression in the Workplace.
Are you required to deal with difficult and angry people in your work? It may seem that you can do little to respond to angry and abusive clients and customers. But you can! This seminar shows you key strategies and principles to defuse anger and reduce abusive behavior. It will also assist you to reduce your own stress levels.

Topics covered in this seminar include -
- Why do people become angry and abusive?
- What angry people need and want
- The art of self-control
- The art of cooperative language
- Verbal self-defence techniques
- Assertive limit setting

Tuesday 27 May
9.00am–3.30pm
Cost- $95.00
Discounts available for multiple bookings

MENSPLACE COURSES
These courses are specifically designed for men:

Anger Management for Men
7 week course:
Tuesdays, 18 February –1 April, 6.30pm-9pm
Tuesdays, 6 May – 17 June, 6.30pm-9pm
$120 (concessions available)

Fathering after Separation
Thursday 3 April, 6.30pm-9pm
Thursday 26 June, 6.30pm-9pm
$25 (concessions available)

Dads Understanding Daughters
Thursday 3 July, 6.30pm-9pm
$25 (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 hours 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
$20 (concessions available)
For more details about all of our courses, go to our website:
www.wa.relationships.com.au

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.

Generous concessions apply to card holders
To book a course, please phone: 08 9583 6090
For more details about all of our courses, go to our website:
www.wa.relationships.com.au
Dealing with stress and anger for women

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? Relationships Australia is running an 8 week course for women specifically designed to help you learn about managing these sometimes difficult feelings. Join other women like you who want to start feeling more at peace with themselves and others.

During this course, you will:
- Develop a better understanding of what anger is
- Learn to identify what is really underneath your stress and anger
- Learn how to communicate and manage your feelings
- Learn how to care for your own mental health

Mondays 17 February—7 April, 9.30am—12 noon
$120.00 per person (concessions available)

Mums Raising Teenage Girls

The relationship between a mother and her daughter is very important. This seminar helps mothers to better understand their daughters and the challenges they go through during puberty and beyond, and helps to better equip their daughters to be happy and strong individuals.

Tuesday 8 April, 6.30pm—9pm
$25 per person (concessions available)

Mums Raising Teenage Boys

For teenage boys, the relationship they have with their mother has long term implications. This includes how they relate to others, particularly to girls and women. This seminar covers practical ways to improve and maintain a positive and rewarding relationship with your teenage son.

Thursday 12 June, 6.30pm—9pm
$25 per person (concessions available)

Understanding Stepfamily Relationships

Stepfamilies and blended families operate differently—their dynamics are complex and there’s a need for special understanding and management for a healthy stepfamily to grow.

Over two sessions you will find out what’s helpful and what’s not. Learn how to manage discipline and understand the needs of children and how to grow a strong and loving relationship.

Wednesdays 5 & 12 March (This is a 2 week course)
6.30pm—9pm
$50 per person (concessions available)

Communication in Relationships

Communication is much more than imparting information or seeking answers. This one night seminar is for both individuals and couples, where you will find out more about communicating effectively, learn about the barriers to communication and practice new skills.

Thursday 20 March, 6.30pm—9pm
$25.00 per person (concessions available)

Successfully Single

This course is aimed at people looking to live a contented life while not in an ongoing relationship. During the workshop, participants will learn positive strategies for living without a core relationship.

Thursday 10 April, 6.30pm to 9pm
$25 per person (concessions available)

Understanding Angry Emotions

This one night seminar helps you to understand anger and learn some 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 positively resolve anger.

Thursday 19 June, 6.30pm—9pm
$25 per person (concessions available)

Enhancing Couple’s Relationships

For couples only

Couple relationships today face many challenges and pressures. This two night course will help you improve your communication skills and deepen the understanding and connection between you. Over two weeks you will be given the opportunity to explore your relationship, work on areas that need improvement and enhance areas of strength.

Tuesdays, 24 June & 1 July, 6.30pm—9pm
$50 per couple (concessions available)

To book a course please phone 9583 6090