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.

COURSES FOR MEN & WOMEN

Understanding Step Family Relationships
Wednesdays 5 & 12 March 6.30pm-9pm
(Note: this is a two week course)
$50 (concessions available)

Communication in Relationships
Thursday 20 March, 6.30pm-9pm
$25 (concessions available)

Successfully Single
Thursday 10 April, 6.30pm-9pm
$25 (concessions available)

Successful Single Parenting
Thursday 22 May, 9.30am-12noon
$25 (concessions available)

Understanding Angry Emotions
Thursday 19 June, 6.30pm-9pm
$25 (concessions available)

Enhancing Couple’s Relationships
Tuesdays, 24 June & 1 July, 6.30pm-9pm
$50 per couple (concessions available)

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 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, 9.30am-3pm
Cost - $95.00

Generous concessions available to card holders
To book a course, please phone: 9583 6090

Mandurah
February – July 2014
Workshops & courses

- Anger Management for Men
- Fathering after Separation
- Dads Understanding Daughters
- Understanding Step Family Relationships
- Communication in Relationships
- Successfully Single
- Successful Single Parenting
- Understanding Angry Emotions
- Enhancing Couple’s Relationships
- One-2-One sessions for Men

Mandurah
21 George St
www.wa.relationships.com.au
9583 6090

COURSES AND WORKSHOPS
TO STRENGTHEN
RELATIONSHIPS FOR MEN
Anger Management for Men
Anger is a natural and healthy emotion, but how we express it may be far from healthy. This is primarily because most of us have not been taught the skills to manage anger.
This seven-week course aims to:
• Highlight the five fundamentals of anger and its physical and personal costs
• Look at myths around anger
• Identify patterns around anger and inappropriate and ineffective ways of expressing anger
• Stress the importance of emotions and the need to acknowledge our own and those of others
• Identify personal needs and rights and responsibilities, core values and core hurts
• Differentiate between aggressive, submissive and assertive attitudes and subsequent behaviours
• Highlight links between anger and fear
• Teach skills to bring anger to healthy resolution

TERM 1
Tuesdays, 18 February–1 April
6.30pm–9pm
$120 (concessions available)

TERM 2
Tuesdays, 6 May–17 June
6.30pm–9pm
$120 (concessions available)

To book a course, please phone 9583 6090
For more details about all of our courses, go to our website: www.wa.relationships.com.au

Fathering after Separation
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.

There is also a focus on communication and other skills you can develop to help you with your children and on enhancing your own health and well being.

Term 1 - Thursday 3 April
6.30 pm–9.00 pm

Term 2 - Thursday 26 June
6.30pm–9.00pm
$25 (concessions available)

Dads Understanding Daughters
Find out how to build a rewarding dad-daughter relationship. 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. This workshop will discuss:
• Common myths and mistakes around dad-daughter relationships
• The importance of the dad-daughter relationship
• What our daughters need from their dads
• Practical ways to improve and maintain a positive and rewarding dad-daughter relationship

Term 2 - Thursday 3 July,
6.30 pm–9.00 pm
$25 (concessions available)

One-2-One Sessions for Men
By appointment only
The sessions are open to men to discuss any issues that they may have concerning relationships. They are one to one in an informal session with our male Relationship Educator, Mark, and go for up to one hour. Men will receive relevant information, tips and strategies in a confidential setting.

Please note: These sessions are not counselling, but more so the opportunity to gain the information you require or a referral to an appropriate course.

These sessions will cover any issues raised by you as well as:
• How to be the best partner you can be
• How to best communicate with people around you
• Ways to be more involved as a Dad in your children’s lives
• Separation issues
• Mediation preparation
• Step family issues
• Basic anger coping strategies
• Being a single Dad

Cost is $20 per session ($10 concession)

To book a session please phone 9583 6090