

Courses for Individuals/Couples West Leederville (and Midland)

November 2019

Healthy Conflict in Relationships

Mon 4 Nov

6.30-9pm

\$30 person

Are you often in conflict with others? Don't be too worried – differences are part of any relationship and can be healthy. Learn how to manage conflict and make it constructive.

Emotional Intelligence – a 1 day workshop

Tues 12 Nov

9.30am-4.30pm

\$90 person

Emotions play a strong role in individual thought, decision-making, our behaviour and our handling of all relationships. The goal of this all-day workshop is to appreciate the basis for emotions and how, if we link them to our mental processing skills, we can direct them towards a positive effect.

Survival Kit for Separating Dads

Tues 12 Nov

6.30-9pm

\$30 person

Separation presents many challenges for men especially fathers. If you are going through a separation or divorce this course will provide a supportive place to acknowledge the challenges you are experiencing through this process. We will assist you to identify some practical coping strategies so that you can feel more positive about yourself and your future.

** We recommend all separating Dads attend this course prior to any other course, particularly parenting courses.*

Communication for Couples weekend

Fri/Sat/Sun 22 23 24 Nov

Fri 6.30-9pm / Sat 1-5.30pm / Sun 10am-1pm

\$160 couple

This course is for couples who want to find out how to communicate in a way that creates safety in their relationship so that they can maintain their feelings of love and connection, whilst working through differences. This weekend course is also ideal for those in a FIFO relationship or who live in the country.

Intro to Managing Anger – a workshop for men

Fri/Sat 29 & 30 Nov

Fri 6.30-9pm / Sat 9.30am-4.30pm

\$95 person

This weekend workshop will help you understand the attitudes, thoughts and beliefs that take you down the path of anger. Particularly suitable for those unable to attend the 8 week Anger Management course due to work commitments (i.e. FIFO or those living outside the metro area). This course does not replace the 8 week course.

Understanding Angry Emotions (MIDLAND)

Tues 26 Nov

6.30-9pm

\$30 person

Rather than being a destructive force, anger can be our greatest ally. This session helps you understand anger and turn it to your advantage. It includes how we mismanage anger, how we can learn to respond and not react in an unhelpful way, and some strategies for its positive resolution.

Places are limited – please contact (08) 6164 0239 to register today

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au

Relationships Australia.