

Relationship Courses: July - December 2016

Bunbury Seminars and Courses

Self Worth – Free to be me (8 week course)	Wednesday, Aug 3	6.30pm-9pm	\$150pp
Healthy Conflict in Relationships	Monday, Aug 8	9.30am-12noon	\$30pp
Mums Raising Boys (up to 12 yrs)	Monday, Aug 22	9.30am-12noon	\$30pp
Understanding Angry Emotions	Monday, Sept 5	9.30am-12noon	\$30pp
Managing Anger and Stress for Women (8 week course)	Wednesday, Oct 19	6.30pm-9pm	\$130pp
Seeking and Keeping Your Next Relationship (8 week course)	Thursday, Oct 20	9.30am-12noon	\$130pp
Parent-Child Connection (4 week course)	Monday, Nov 7	9.30am-12noon	\$50pp

Bunbury Professional Development

Defusing Angry and Abusive Customers	Monday, 12 Sept	9.30am-1.00pm	\$110pp
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Mensplace: Bunbury

Anger Management for Men (8 week course)	Thursday evenings	6.30pm-9pm	\$130pp
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Please telephone 6164 0566 to enquire/register for the next course. Dates to be confirmed.

Busselton Seminars

Express Yourself Assertively	Tuesday, Jul 19	6.30pm-9pm	\$30pp
Communication in Relationships	Tuesday, Aug 2	6.30pm-9pm	\$30pp
Dads Raising Girls (up to 12yrs)	Tuesday, Aug 16	6.30pm-9pm	\$30pp
Dads Raising Teenage Girls	Tuesday, Aug 30	6.30pm-9pm	\$30pp
Step Families – An Introduction	Tuesday, Sept 6	6.30pm-9pm	\$30pp
Setting Healthy Boundaries	Tuesday, Sept 20	6.30pm-9pm	\$30pp
Understanding Angry Emotions	Tuesday, Oct 4	6.30pm-9pm	\$30pp
Healthy Conflict In Relationships	Tuesday, Oct 18	6.30pm-9pm	\$30pp

Prepare-Enrich A customised couple questionnaire – completed online. By appointment – in Bunbury.

To book or to find out more phone **6164 0566**
email : bunbury.education@relationshipsaustralia.org.au

Self Worth - Free to be Me

This course gives participants a better understanding of themselves and others, while providing skills and strategies to enhance self worth.

Healthy Conflict in Relationships

Differences are part of any close relationship and can be healthy. Learn how to manage conflict and make it constructive.

Mums Raising Boys - up to the age of 12 years

This seminar explores the importance of the mother son relationship and practical ways to improve and maintain that relationship.

Understanding Angry Emotions

We introduce the concept that anger can be constructive. This seminar is a good introduction to our longer Anger Management course.

Managing Anger and Stress for Women

This course is for women who have difficulty in managing anger and stress. The group learns how to understand these emotions and reduce their harmful effects.

Seeking and Keeping Your Next Relationship

Just looking for someone to love – isn't it supposed to be simple? Why do we keep choosing the wrong person for us or why are we reluctant to commit to someone even if they seem to "tick all the boxes"? And how do you hold onto someone for the longer term? This course aims to examine some of these things... the tricky business of being single and seeking and keeping love.

Parent-Child Connection

Being a parent can be tough. People with children under 10 are invited to this four week course to learn new skills, feel better about their parenting and gain confidence.

Defusing Angry and Abusive Customers

This half day seminar shows you the key principles and strategies to defuse clients and customers anger, and reduce abusive behaviour right from the start.

Anger Management for Men

This course is for men who have difficulty managing their anger. The group learns how to understand anger and reduce its harmful effects by developing new skills week by week through practice and group interaction. Not suitable for men where domestic violence is an issue.

Express Yourself Assertively

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

Communication in Relationships

This seminar covers the basic principles of communicating clearly and respectfully with those you love.

Dads Raising Girls (up to 12 years)

This seminar explores the importance of the father-daughter relationship and practical ways to improve and maintain that relationship.

Dads Raising Teenage Girls

For teenage girls, a father's support and love are extremely important. This workshop helps Dads understand the changes occurring in their teenage daughters and shows ways to help them navigate this difficult time and encourage them to make good choices.

Stepfamilies - An Introduction

This workshop is based on research that highlights some of the more helpful ways of forming and living in this new family. This workshop is a taster for our longer stepfamily courses.

Setting Healthy Boundaries

This seminar looks at the difference between healthy and unhealthy boundaries and explores skills that help with good boundary setting.

Prepare - Enrich

Prepare-Enrich is a customised couple assessment completed online and is a program designed to focus on important relationship issues by assisting couples in all stages of their relationship, whether in a committed relationship or planning one.