

Relationship Courses: February – June 2017

Bunbury Seminars and Courses

Family Patterns (6 week course)	Mondays, 6 Feb	9.30am-12noon	\$110pp
Rebuilding After Separation and Divorce (8 week course)	Thursdays, 16 Feb	9.30am-12noon	\$150pp
Understanding Angry Emotions	Wednesday, 1 Mar	9.30am-12noon	\$30pp
Healthy Self Esteem	Tuesday, 14 Mar	6.30pm-9pm	\$30pp
Mindfulness – an antidote to stress	Tuesday, 21 Mar	6.30pm-9pm	\$30pp
Healthy Self Esteem	Wednesday, 22 Mar	9.30am-12noon	\$30pp
Self Worth – Free to be me (8 week course)	Monday, 1 May	9.30am-12noon	\$150pp
Family of Origin	Tuesday, 9 May	6.30pm-9pm	\$30pp

Mensplace: Bunbury

Anger Management for Men (8 week course)	Thursday, 2 Feb	6.30pm-9pm	\$130pp
Building Confidence – An 8 week course for men	Thursday, 27 Apr	6.30pm-9pm	\$130pp

Bunbury Professional Development

Accidental Counsellor	Friday, 17 Feb	9.30am-4.30pm	\$165pp
-----------------------	----------------	---------------	---------

Busselton Seminars

Communication in Relationships	Tuesday, 14 Feb	6.30pm-9pm	\$30pp
Mums Raising Boys (up to 12 years)	Tuesday, 28 Feb	6.30pm-9pm	\$30pp
Express Yourself Assertively	Tuesday, 7 Mar	6.30pm-9pm	\$30pp
Mums Raising Teenage Girls	Tuesday, 23 May	6.30pm-9pm	\$30pp
Healthy Conflict In Relationships	Tuesday, 13 June	6.30pm-9pm	\$30pp
Healthy Self Esteem	Tuesday, 20 June	6.30pm-9pm	\$30pp

Margaret River Seminars

Healthy Conflict in Relationships	Monday, 20 Feb	6.30pm-9pm	\$30pp
Mums Raising Teenage Girls	Tuesday, 21 Feb	6.30pm-9pm	\$30pp
Healthy Self Esteem	Tuesday, 14 Mar	6.30pm-9pm	\$30pp
Dads Raising Teenage Boys	Monday, 8 May	6.30pm-9pm	\$30pp
Express Yourself Assertively	Tuesday, 9 May	6.30pm-9pm	\$30pp
Mums Raising Boys (up to 12 years)	Tuesday, 30 May	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

Family Patterns

This 6 week course investigate the link with our Family of Origin, including patterns of communication, resolving conflict and displays of emotions.

Rebuilding After Separation and Divorce

This 8 week course helps participants explore the steps to heal and rebuild after relationship breakdown

Understanding Angry Emotions

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

Healthy Self Esteem

This seminar explores factors that can influence self-esteem and looks at strategies to increase and maintain healthy self-esteem

Mindfulness – An antidote to stress

This 2.5 hour seminar explores mindfulness as an antidote to stress.

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.

Family of Origin

This evening seminar looks at how the family we were raised in influences our behaviours and attitudes.

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.

This course is not suitable for men where domestic violence is an issue.

Building Confidence – An 8 week course for men

This course held in a male only environment explores information, strategies and techniques to help men build confidence and be themselves.

Accidental Counsellor

This full day course provide information and techniques to help you help others who may be dealing with distressing situations.

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 Teenage Girls

This seminar aims to help mothers better understand their daughters and the challenges they go through.

Dads Raising Teenage Boys

This is an interactive, positive workshop for men who are raising or helping to raise teenage boys.

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.

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.

Communication in Relationships

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

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.