

## Relationship Courses: July - Dec 2017

### Bunbury

#### One Night Seminars

Understanding Angry Emotions	Wednesday, 19 July	6.30pm-9pm	<del>\$30pp</del> Free
Setting Healthy Boundaries	Tuesday, 8 August	9.30am-12noon	\$30pp
Family of Origin	Tuesday, 22 August	6.30pm-9pm	\$30pp
Healthy Conflict in Relationships	Tuesday, 5 Sept	6.30pm-9pm	\$30pp
What is Love - Including 5 Love Languages	Tuesday, 22 Sept	6.30pm-9pm	\$30pp
Communication in Relationships	Wednesday, 18 Oct	6.30pm-9pm	<del>\$30pp</del> Free

#### Longer Courses

Anger Management Men & Women (8 week course)	Wednesday, 2 Aug	6.30pm-9pm	\$130pp
Building Better Relationships - for Couples (8 week course)	Wednesday, 25 Oct	6.30pm-9pm	\$130pp
Change and Loss (Full day course)	Friday 10 November	9.30am-4.30pm	\$90pp

#### Professional Development

Accidental Counsellor (Full day course)	Friday 1 September	9.30am-4.30pm	\$165pp
Introduction to Group Facilitation Skills (2 day course)	Thurs & Fri 12 & 13 Oct	9.30am-4.30pm	\$330pp

#### 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](mailto:bunbury.education@relationshipsaustralia.org.au)

#### Understanding Angry Emotions

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

#### Setting Healthy Boundaries

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

#### Family of Origin

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

#### Healthy Conflict in Relationships

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

#### What is Love

Confused about love relationships? This one night seminar looks at the 5 Love Languages, the stages of love and healthy vs unhealthy love.

#### Communication in Relationships

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

#### Anger Management – 8 week Course

This course is for men and women 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 people who are perpetrators of domestic violence**

#### Building Better Relationships – For Couples

Our 8 week course will help you learn how you can regain that wonderful feeling of connection and transform your relationship together into the loving relationship you both want.

#### Emotional Intelligence

This one day course provides opportunity for participants to learn practical emotional intelligence skills that can be applied to family, personal and workplace life

#### 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.

#### Accidental Counsellor

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

#### Introduction to Group Facilitation Skills

This two day course in Group Facilitations skills is an ideal program for training facilitators for community education, vocational and industry training fields.

Participants will develop skills, knowledge and attitudes necessary to facilitate an educational group.