

Relationship Courses

February – April 2019

Morning and Evening Workshops 2 ½ hours each

Healthy Conflict in Relationships	Tuesday 19 Feb	6pm-8.30pm
Dads Raising Boys (up to 12 years)	Thursday 21 Feb	6pm-8.30pm
Understanding Angry Emotions (men & women)	Tuesday 26 Feb	6pm-8.30pm
Dads Raising Girls (up to 12 years)	Thursday 28 Feb	6pm-8.30pm
Setting Healthy Boundaries	Tuesday 12 March	6pm-8.30pm
Survival Kit for Separating Dads	Thursday 14 March	6pm-8.30pm
Communication in Relationships	Tuesday 19 March	6pm-8.30pm
Step Families – An introduction	Tuesday 26 March	6pm-8.30pm
Fathering After Separation	Thursday 28 March	6pm-8.30pm
Express Yourself Assertively	Friday 29 March	9.30am-12pm
Healthy Self Esteem	Tuesday 2 April	9.30am-12pm
Understanding Angry Emotions (women only)	Friday 12 April	9.30am-12pm

All 2 ½ hour workshops are \$30pp per workshop.
Concessions available.

Professional Development

Defusing Angry and Abusive Customers \$110pp	Friday 15 March	9.30am-1pm
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Workshops and Courses are held at the Bunbury Family Relationship Centre – access Symmons Street
Bookings and enquiries to Relationships Australia – Bunbury branch – 20 Molloy Street Bunbury.

To book for any workshop or course, or for further information, please phone 6164 0566
or email : Bunbury.Education@relationshipswa.org.au

Healthy Conflict in Relationships

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

Dads Raising Boys – Up to 12 Years

This one night seminar is for dads with sons under the age of 12 years. It discusses the importance of the role Dads play in the development and nurture of boys; building self-esteem, a healthy identity and resilience; managing difficult behaviour.

Understanding Angry Emotions

We introduce the concept that anger can be constructive. This 2 ½ hour workshop is a good introduction to our longer Anger Management course.

Dads Raising Girls – Up to 12 Years

This workshop looks at common myths and mistakes around father daughter relationships: the importance of the father daughter relationship and explores practical ways to improve and maintain a positive and rewarding father daughter relationship.

Setting Healthy Boundaries

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

Survival Kit for Separating Dads

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

Communication in Relationships

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

Step Families – an Introduction

Growing a Step Family presents a whole array of challenges. This workshop is based on research that highlights some of the more helpful ways of forming and living in this new family.

Fathering after Separation

It is important for fathers to distinguish between their parenting role and the relationship breakup. This workshop suggests ways to keep in touch with children – even if hindered by formal access arrangements.

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.

Healthy Self Esteem

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

Defusing Angry and Abusive Customers

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

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