

## EMOTIONAL INTELLIGENCE

The goal of this one day course is to appreciate the basis for emotions and how, together with our cognitive skills, we can direct them to a positive effect.

Fee: \$120 per person  
Time: 9.30am - 4.30pm

**Monday 1 November**

## CHANGE & LOSS

While this is not a therapy group, there will be space for participants to reflect on their own life's journey with change and loss, with the aid of some signposts for making positive adjustments in this process.

Fee: \$120 per person  
Time: 9.30am - 4.30pm

**Monday 29 November**

## ACCIDENTAL COUNSELLOR

Do you find others (friends, family members, colleagues, clients, customers) often open up to you and share their problems, sometimes distressing situations, and ask you what you think they should do? This full day workshop aims to assist you to be clearer about what to say or do to really help them.

Fee: \$120 per person  
Time: 9.30am - 4.30pm

**Friday 3 December**

## PARTNERS TO PARENTS

This workshop explores your expectations, emotions and assumptions about becoming parents and offers you effective tools to navigate this transition.

Fee: \$45 per couple  
Time: 6.30pm-9.00pm

**Monday 6 December**

**SHORT COURSES: Fee: \$30 Time: 6.30-9.00pm**

### **SURVIVAL KIT FOR SEPARATING DADS**

Mon 11 Oct

### **MUMS SURVIVING SEPARATION**

Wed 13 Oct

### **SETTING HEALTHY BOUNDARIES**

Wed 13 Oct

### **HEALTHY CONFLICT IN RELATIONSHIPS**

Mon 18 Oct

### **PARENTING AFTER SEPARATION**

Wed 20 Oct

Mon 13 Dec

### **MINDFULNESS–Transform your Relationship**

Wed 20 Oct

### **SUPPORTING YOUR ANXIOUS CHILD**

Mon 25 Oct

### **EXPRESS YOURSELF ASSERTIVELY**

Thurs 28 Oct

### **DADS AND DAUGHTERS**

Mon 1 Nov

### **MUMS RAISING BOYS (up to 12 years)**

Mon 8 Nov

### **EMOTION COACHING YOUR CHILD**

Mon 22 Nov

### **COMMUNICATION IN RELATIONSHIPS**

Mon 29 Nov

### **SEPARATION–DIVORCE: What Now?**

Mon 29 Nov

### **SELF WORTH – An Introduction**

Mon 6 Dec

*Relationships Australia*

## **Courses and Workshops**

- Managing Anger and Stress for Women
- Anger Management for Men
- Introduction to Managing Anger (Men)
- Building Better Relationships for Couples
- Communication for Couples
- Self-Worth: Free to be me
- Bringing Up Great Kids
- Parent Teen Connection
- Understanding Stepfamily Relationships
- Emotional Intelligence
- Change and Loss
- Accidental Counsellor
- Partners to Parents
- Single Sessions and Workshops

[www.relationshipswa.org.au](http://www.relationshipswa.org.au)

6164 0200–Education Services

Please visit our website for current times, dates and additional courses

*Relationships Australia*

**October–December 2021**

**West Leederville**

Level 1, 22 Southport Street

## **MANAGING ANGER & STRESS FOR WOMEN**

Anger is a challenging emotion for many and most of us have not been taught the skills to manage it. This course helps us to acknowledge and reduce our anger levels before we speak or act. The power we derive from communicating our feelings more appropriately, whether it's with our children, partners or in any other situation, enables us to improve our lives.

Fee: \$150 per person  
Time: 6.30pm-9.00pm

**Tuesdays 19 26 Oct 2 9 16 23 30 Nov 7 Dec**

## **ANGER MANAGEMENT for MEN**

This 8 week course is for men over 18 years of age, who are concerned their angry actions and words are hurting themselves and others. Participants are encouraged to learn what attitudes, thoughts and beliefs take them down the path of anger.

Fee: \$150 per person  
Time: 6.30pm-9.00pm

**Wednesdays 27 Oct 3 10 17 24 Nov 1 8 15 Dec**

## **INTRODUCTION TO MANAGING ANGER**

### **- A workshop for Men**

This weekend workshop will endeavour to help you understand the attitudes, thoughts and beliefs that take you down the path of anger. This short course has been designed for those who are not able to attend our 8 week course due to work, family commitments or those living outside of the metro area.

Fee: \$95 per person  
Time: Fri 6.30pm-9pm, Sat 9.30-4.30pm

**Friday 26 & Saturday 27 Nov**

## **BUILDING BETTER RELATIONSHIPS FOR COUPLES**

Couple relationships today face many and difficult challenges. Long term research has shown that the quality of a couples' friendship and feeling of connection are fundamental to being able to successfully manage the inevitable difficulties that will arise over the years together. Find out how you can regain that wonderful feeling of connection and transform your relationship together into the loving relationship you both want.

Fee: \$180 per couple  
Time: 6.30pm - 9.00pm

**Wednesdays 27 Oct 3 10 17 24 Nov 1 8 15 Dec**

## **COMMUNICATION FOR COUPLES**

Whatever the state of your relationship, there is always room for improved communication. This ability, added to a willingness to work through challenges and pressures, leads to growth both as an individual and as a partner.

Fee: \$160 per couple  
Time: Fri 6.30-9pm, Sat 1-5.30pm, Sun 10am-1pm

**Friday 5, Saturday 6 & Sunday 7 Nov**

## **SELF WORTH-Free to be Me**

A positive sense of self-worth is vital for good health and happiness. This course gives participants a better understanding of themselves and others, while providing skills and strategies to enhance self-esteem.

Fee: \$150 per person  
Time: 6.30pm-9.00pm

**Thursdays 21 28 Oct 4 11 18 25 Nov 2 9 Dec**

## **BRINGING UP GREAT KIDS**

A loving, safe parent is the best relationship a child can have. This course is for parents and carers who want to understand their child's behaviour and through self-reflection, gain helpful insights into their own parenting. We will also help you identify the important messages you want to pass onto your child and how to do this.

Fee: \$60 per person  
Time: 6.30pm-9.00pm

**Mondays 18 25 Oct 1 8 15 Nov**

## **PARENT-TEEN CONNECTION**

Are you going through difficult times with your teenage child? Struggling to understand their moods and behaviour? Adolescence has always been a challenging, somewhat frustrating period of life's journey. Living with teenagers can be confusing and even worrying. Once seen as a time for parents to step back, adolescence is increasingly viewed as an opportunity to stay tuned in and emotionally connected.

Fee: \$50 per person  
Time: 6.30pm-9.00pm

**Thursdays 11 18 25 Nov 2 Dec**

## **UNDERSTANDING STEPFAMILY RELATIONSHIPS**

This workshop is based on research that highlights some of the more helpful ways of forming and living in this new family, be it a stepfamily or a blended family.

Fee: \$60 per person/\$100 per couple  
Time: 9.30am-4.30pm

**Saturday 20 November**