

Relationships Australia.

courses to strengthen relationships
january – july 2012



for men, women, couples and families

Relationships Australia: Who we are

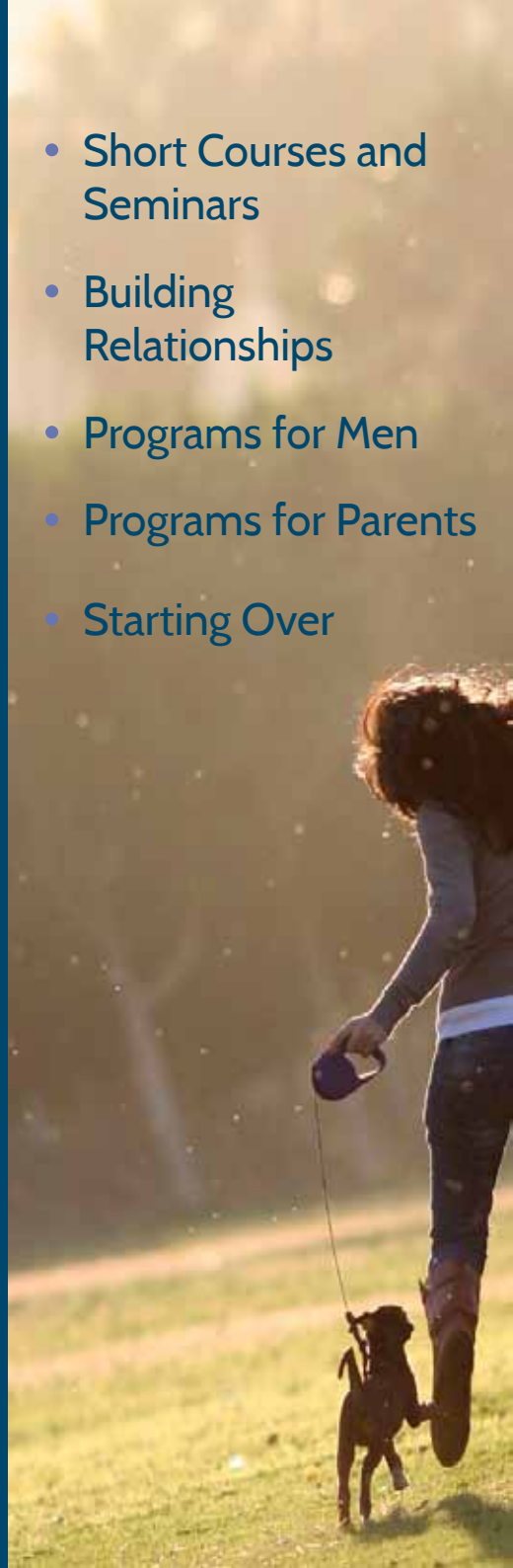
Relationships Australia, founded over 60 years ago to give marriage guidance to returning servicemen and women, today provides a broad range of professional relationship services.

As a community-based, not-for-profit organisation with no religious affiliation, we are available to everyone regardless of age, race, gender or sexual preference. Whether you are an individual, a couple or a family, we are here to give support.

Relationships Australia has a reputation for exceptional Relationship Education Programs, ranging from one-night seminars to eight-week courses. We offer a broad selection of programs and topics that reflect the complexity of 21st-century life.

Please check the details on what we can do to help you build better relationships.

- Short Courses and Seminars
- Building Relationships
- Programs for Men
- Programs for Parents
- Starting Over





Short Courses and Seminars

These sessions, held in a comfortable setting give an overview of various aspects of emotional life. They help you deal with a specific issue and are a great introduction to our longer, in-depth relationship courses.

Fee: \$25 per person

Time: 6.30 – 9pm (unless otherwise stated)

Understanding Angry Emotions

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

Dates: Tues 7 Feb..... Midland
Tues 13 March..... Gosnells
Mon 26 March..... Rockingham
Mon 2 April..... West Leederville
Wed 9 May Joondalup
Wed 25 July Fremantle

Partners to Parents – expect the unexpected

No change in your life will ever be as enormous...and exciting... as having your first child. If you have just become parents, or are about to, this course will give you information, encouragement and reassurance. Having a strong relationship with your partner is a wonderful foundation for your baby.

Fee: \$25 per person, \$40 couple

Dates: Tues 24 April..... West Leederville

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.

Dates: Wed 21 March..... Fremantle
Tues 1 May Perth FRC (6 – 8.30pm)
Tues 3 July West Leederville

Setting Healthy Boundaries

In order to experience satisfying connections with other people – whether family, work colleagues or love relationships – we need to set healthy boundaries. This seminar looks at the difference between healthy and unhealthy boundaries and teaches skills that help with good boundary setting.

Dates: Mon 20 Feb Rockingham
Tues 26 June West Leederville

Healthy Conflict in Relationships

Are you often in conflict with others? Don't be too worried – differences are part of any close relationship and can be healthy. Learn how to manage conflict and make it constructive.

Dates: Mon 25 June East Victoria Park

Communication in Relationships

People who communicate with care create healthy relationships. This seminar covers the basic principles of communicating to those you love with clarity and respect.

Dates: Mon 26 March East Victoria Park
Mon 30 July Rockingham

Family of Origin – Understanding its Influence and Impact

Have you ever wondered why you do or say certain things and then realise you sound exactly like your parents? The way we act is strongly influenced by the family we grew up in. Sometimes these patterns of behaviour need challenging. Learn more about your family of origin and the impact it has on your current relationship.

Dates: Tues 7 February West Leederville
Mon 30 April East Victoria Park

Fly In Fly Out (one night seminar)

This one night seminar is for couples who are considering or are in the early stages of the Fly in

Fly Out system. Being prepared can help to ease the situation and deal with various challenges as they arise. This one night seminar explores these challengers and helps you to develop strategies to meet them. Make your next landing a soft one.

Dates: Wed 4 April West Leederville
Mon 30 April East Victoria Park
Wed 13 June Joondalup

Positive Self Esteem

Would you like to feel better about yourself? Self esteem is a key to good health, both physical and emotional.

Dates: Thurs 8 March West Leederville
Tues 24 July Midland
Wed 25 July Joondalup

Mums Raising Boys – up to the age of 12 years

Mothers, who are usually their son's primary female role model, play a vital part in developing their son's identity, including their ability to be nurturing.

Dates: Mon 6 Feb West Leederville
Wed 22 Feb Fremantle
(Daytime 9.30 – 12noon)
Tues 28 Feb Gosnells
(Daytime 9.30 – 12 noon)
Tues 6 March Midland
(Daytime 9.30 – 12 noon)
Sat 31 March Rockingham (10– 12.30pm)
Wed 4 April Joondalup
Thurs 17 May Fremantle
Mon 11 June Rockingham
Tues 24 July Gosnells
Thurs 26 July Fremantle

Mums Raising Teenage Boys

For teenage boys the relationship they have with their mother has long term implications. This includes how they relate to others, particularly to girls and women.

Dates: Mon 2 April West Leederville
Tues 8 May Gosnells
Tues 26 June West Leederville

one 1300 364 277 now
our spot.

What is Love plus the 5 Love Languages

Understanding how we give and receive love is important in our relationships. Is being in love the same as having enduring love? Feelings of intimacy and connection vary as a committed relationship progresses. Transitions from one stage to another can be difficult but are manageable.

Dates: Tues 24 April..... West Leederville
Mon 30 July East Victoria Park

Work & Family Balance NEW IN 2012

Do you ever feel you are juggling too many commitments and your well-being is suffering? This seminar will help you find a balance between work and other life demands.

Dates: Mon 2 April.....West Leederville
(1pm-3.30pm)
Mon 30 April.....Rockingham (12.30 – 3pm)
Mon 28 May.....East Victoria Park

Cross-Cultural Couples: Building Better Relationships

Relationships for couples from different cultural or religious backgrounds can have additional challenges. This seminar explores some of these issues and suggests strategies to overcome them. Useful for couples both in long term relationships and those starting out.

Dates: Sat 12 May..... West Leederville
(Daytime 10 – 12.30pm)
Tues 19 June..... Gosnells

Our Migrant Families: Parenting Between Cultures

This seminar explores the challenges for migrant parents managing the expectations of the older and younger generations while valuing their own culture.

Dates: Thurs 9 Feb..... West Leederville
Sat 12 May..... West Leederville
(Daytime 1.30 – 4.00pm)



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.

Based on a couple's responses, a trained Facilitator provides a number of feedback sessions in which the Facilitator helps the couple discuss and understand their outcomes of the questionnaire.

The major goals of the program are to assist couples cement and improve their relationship. Areas covered include:

- Communication and conflict resolution skills
- Partner style and habits
- Family, friends and leisure activities
- Assertiveness and self confidence
- Financial management
- Affection, intimacy and sexuality

The program is divided into an initial 1 hour session followed by a minimum of two hours up to a maximum of 4 hours feedback.

The program is by appointment only – call 1300 364 277.

Fee:

- \$100 for first session, including cost of on-line questionnaire and two copies of workbook.
- Follow up sessions charged on a sliding scale based on couple's income

Special offer: Book in to both Prepare and our weekend course "Together Forever" which is normally \$160 per couple and receive a discount of \$40 off the "Together Forever" weekend course.

Building Relationships

If you are looking to take an in-depth view of your relationships and the various issues that affect them, Relationships Australia has developed the following comprehensive programs.

Building Better Relationships for Couples

This weekend or eight week course offers new ways of relating and being intimate. The greater a couple's awareness of each other, the greater their mutual consideration and ability to work through changes and problems.

- Fee:** \$160 per couple
Time: Evenings (over eight weeks): 6.30 – 9pm
Weekends: Fri 6.30 – 9pm, Sat 1 – 5.30pm,
Sun 10am – 1pm
Place: West Leederville (unless otherwise stated)
Dates: Mon 6, 13, 20, 27 Feb, 12, 19, 26 March,
2 April
Fri 9, 10, 11 March
Wed 2, 9, 16, 23, 30 May, 6, 13, 20, 27 June
Fri 11, 12, 13 May (Midland)
Fri 8, 9, 10 June

- Fee:** \$120
Time: 10 - 12.30pm
Place: West Leederville
Dates: Tues 7, 14, 21, 28 Feb, 6, 13 March

Together Forever

This weekend course is for couples planning to marry or live together. We cover expectations, needs, family background and communication.

- Fee:** \$160 per couple
Time: Fri 6.30 – 9pm, Sat 1 – 5.30pm,
Sun 10am – 1pm
Dates: 13, 14, 15 Jan..... West Leederville
16, 17, 18 March West Leederville
25, 26, 27 May West Leederville
15, 16, 17 June West Leederville
6, 7, 8 July West Leederville

Building Better Relationships for Same Sex Couples

In all relationships, there is always room for improvement. This is a course for same-sex couples to enhance their skills to face inevitable challenges and pressures. The health and strength of relationships depends on the willingness of couples to face these challenges and work through differences so that each grows as an individual and as a partner.

- Fee:** \$160 per couple
Time: Fri 6.30 – 9pm, Sat 1 – 5.30pm,
Sun 10am – 1pm
Dates: Fri 20, 21, 22 April West Leederville

EI – Emotional Intelligence

When we know how to use our emotions, we are able to cope with the most difficult problems. This one day workshop helps you develop these skills.

- Fee:** \$165 per person
Time: 9.30am – 4.30pm
Date: Tues 6 March..... West Leederville

Change and Loss

Life can throw up major alterations at work, including redundancy and retirement, as well as blows such as illness, accidents, separation and deaths of people close to us. All involve loss. Gain knowledge and skills to move on and grow from the experience.

- Fee:** \$165 per person
Time: 9.30am – 4.30pm
Date: Wed 27 June..... West Leederville

Partners in Depression

This six-week group course addresses the needs of people who live with, or are partners of, someone who has depression. Topics include the meaning of the word "depression", treatments and support, self-harm, communication, and the importance of self-care for the partner.

Programs for Men

Developed and presented by experienced male facilitators, these courses have been designed to help men deal with their relationship challenges in a comfortable, honest setting.

Fathering after Separation

It's important for fathers to distinguish between their parenting role and their relationship break-up. This seminar, held in a male-friendly environment, suggests helpful ways to keep in touch with your child to build skills and to recognise strengths and weaknesses.

Fee: \$25

Dates: Tues 14 Feb.....Perth FRC (6.00 - 8.30pm)
Tues 3 July.....Midland (6.30 - 9pm)

Men's Talk -Tools for better communication

Men can improve the effectiveness of their communication with others, including partners, girlfriends, work colleagues and family members.

Fee: \$35

Time: 6.30 - 9pm

Dates: Mon 20, 27 Feb.....East Victoria Park
Tues 24, 31 July.....West Leederville

Anger Management (for men)

This eight week course is for men who have difficulty in managing their anger. The group learns how to understand anger and reduce its harmful effects. This course is not for people where domestic violence is an issue.

Fee: \$120 per person

Time: 6.30 - 9pm

Dates: Tues 7, 14, 21, 28 Feb, 6, 13, 20, 27 March
West Leederville

Tues 14, 21, 28 Feb, 6, 13, 20, 27 March,
3 April.....Midland

Tues 1, 8, 15, 22, 29 May, 5, 12, 19 June
Midland

Wed 2, 9, 16, 23, 30 May, 6, 13, 20 June
West Leederville

The 'Rock and Water' Program

The 'Rock and Water' Program for the Family is facilitated by Craig Van Waardenburg, (accredited Rock and Water trainer). This activity-based program builds on the complementary strengths of 'rock' and 'water'. One is firm and assertive whilst the other is flexible and willing to cooperate. We encourage fathers, mothers, daughters and sons to spend a Saturday morning together examining their emotional connections with each other whilst learning new skills to strengthen family ties.

Note: due to the nature of activities, there is room for only one child/adolescent per adult.

Fee: \$50 per pair

Time: 8.30am - 12.30pm

Location: West Leederville Primary School, 58 Northwood Street, West Leederville Relationships Australia, 15 Cambridge Street, West Leederville

Dates: Sat 18 Febsuitable for 8-12 year olds .
West Leederville Primary School

Sat 17 March.....suitable for 13-16 year olds
15 Cambridge Street

Sat 26 Maysuitable for 8-12 year olds .
15 Cambridge Street

Sat 23 Junesuitable for 13-16 year olds
West Leederville Primary School

The Nuts and Bolts of Being a Dad

A Dad is very important in a child's life.

This three week course looks at some of the building blocks a single or partnered Dad can use to develop solid relationships with his children. How to interact, participate and communicate will be discussed.

Fee: \$40 per person

Time: 6.30 - 9pm

Dates: Tues 6, 13, 20 MarchWest Leederville
Mon 18, 25 June, 2 July.....West Leederville

Raising Girls: a Workshop for Dads

Find out how to build a rewarding father-daughter relationship. As the primary male role model in a girl's life, Dads play an important role in the development of their self-concept and self esteem. This can often affect how their daughters relate to others, particularly to boys and men.

Fee: \$25 per person **Time:** 6.30 – 9pm

Dates: Wed 15 Feb.....Joondalup
Thurs 22 MarchWest Leederville
Wed 4 April.....Fremantle
Mon 28 May.....Gosnells
Tues 26 June.....Midland
Wed 25 JulyWest Leederville

Raising Teenage Girls: a Workshop for Dads

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.

Fee: \$25 per person **Time:** 6.30 – 9pm

Dates: Mon 2 April..... West Leederville
Tues 3 July..... West Leederville

Solo Dads **NEW IN 2012**

Being a sole parent can be very challenging and today there are more Dads finding themselves by choice or otherwise bringing their kids up as primary carer. This course provides tips for what may be a change in parenting, and addresses issues of work/life balance, home duties and effective parenting.

Fee: \$40

Dates: Tues 22, 29 May, 5 June.....West Leederville

Sex and Intimacy: His Needs Her Needs

Intimacy is a crucial element to building a healthy relationship and a satisfying sex life with your partner. In this workshop you will discover how to break through the common barriers men experience when attempting to build a stronger sense of togetherness.

Fee: \$25 per person **Time:** 6.30 – 9pm

Dates: Tues 3 April.....West Leederville
Wed 27 June.....West Leederville

Programs for Parents

Raising our children should be one of life's greatest experiences, but as any parent knows, it is not an easy task. With this in mind our professional facilitators have developed a range of courses to help you address parenting challenges.

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.

Fee: \$50 per person, \$75 per couple

Time: 6.30 – 9pm

Dates: Mon 12, 19, 26 March 2 April ..West Leederville
Mon 11, 18, 25 June, 2 July.....West Leederville

Parent-Teen Connection

Remember, you were young once. Adolescents can be challenging, and living alongside them can be confusing and worrying. This course reduces stress and teaches parents how to communicate, negotiate and minimise conflict.

Fee: \$50 per person, \$75 per couple

Time: 6.30 – 9pm

9.30am – 4.30pm Saturday

Dates: Mon, 6, 13, 20, 27 Feb..... West Leederville
Mon 7, 14, 21, 28 May West Leederville
Sat 30 June Gosnells

Communicate Effectively

This six week course covers all areas of communication including attitudes, listening, and speaking skills, as well as conflict resolution. Healthy relationships, whether at work or at home, are created by individuals who communicate clearly and effectively.

Fee: \$100 per person

Dates: Wed 15, 22, 29 Feb, 7, 14, 21 March
West Leederville (6.30 – 9pm)

Wed 22, 29 Feb, 7, 14, 21, 28 March
Midland (10am–12.30pm)

Tues 8, 15, 22, 29 May, 5, 12, 19 June
West Leederville (6.30 – 9pm)

Wed 9, 16, 23, 30 May, 6, 13 June
Fremantle (10am–12.30pm)

Making Stepfamilies Work

Couples with children from previous relationships may need strategies on communication, agreement on discipline, and handling competing demands. And how about ensuring time just for each other? That matters too.

Fee: \$75 per person, \$120 per couple

Time: 6.30 – 9pm

Date: Mon 13, 20, 27 Feb, 5, 12, 19 March
West Leederville
Wed 9, 16, 23, 30 May, 6, 13 June
West Leederville

Anger Management (for women)

This eight week course is for women who have difficulty in managing their anger. The group learns how to understand anger and reduce its harmful effects. This course is not for people affected by domestic violence.

Fee: \$120 per person

Time: 6.30 – 9pm

Dates: Wed 8, 15, 22, 29 Feb, 7, 14, 21, 28 March
West Leederville

Mon 30 April, 7, 14, 21, 28 May, 4, 11, 18 June
West Leederville

Wed 2, 9, 16, 23, 30 May, 6, 13, 20 June
Midland (10am – 12.30pm)

Self-Worth – Free to be Me

This eight week course gives participants a better understanding of themselves and others while providing skills and strategies to enhance self worth. It also provides the opportunity to learn and practise new skills, take reasonable risks in relationships and set goals, all within a safe and trusting environment.

***Special Offer:** All participants will receive a copy of Susan Jeffers' book 'Feel the Fear and Do it Anyway'. Space is limited so book now.*

Fee: \$140 per person

Time: 6.30 – 9pm

Dates: Wed 8, 15, 22, 29 Feb, 7, 14, 21, 28 March
West Leederville

Tues, 1, 8, 15, 22, 29 May, 5, 12, 19 June
West Leederville

Family Patterns

Many of our adulthood attitudes and behaviour stem from experiences in our formative years. This six-week evening or two day course investigates the impact of those family patterns – communication, resolving conflict and displays of emotion ranging from affection to anger. Learn skills to make improvements so that the present and future are not anchored in the past.

Fee: \$100 per person

Time: 6.30 – 9pm

Dates: Tues 8, 15, 22, 29 May, 5, 12 June
West Leederville

Starting Over

Building Stronger Families (formerly known as Family Connections)

Building and nurturing families can seem a daunting task, but it's not mission impossible. This six week course is for adults and their children over 10 years – inclusion is the key. Parents and children will learn about cooperation, relating respectfully and solving problems.

Fee: \$80 per person, \$120 per couple/family

Time: 6.30 – 9pm

Dates: Thurs 3, 10, 17, 24, 31 May, 7 June
West Leederville

Virtues Parenting Program

The Virtues Project™, part of the Living Values Program, is designed to create a culture of caring and character-building in young people. Already introduced in schools in Australia and overseas, the program is for anyone – parents, teachers and others – with responsibility for children. This two-day workshop introduces the five strategies that may enhance moral growth.

Fee: \$110 per person

Time: 6.30am – 9pm

Dates: Tues 14, 21, 28 Feb, 6, 13, 20 March
West Leederville

Understanding Stepfamily Relationships

Stepfamilies can be a huge juggling act. This half-day seminar addresses the complex needs and priorities. It is a good introduction to our longer course Making Stepfamilies Work.

Fee: \$35 per person/\$50 per couple

Time: 9.30am – 1pm

Dates: Sat 17 MarchJoondalup
Sat 24 March..... West Leederville
Sat 16 June..... Fremantle

No matter how much effort we put into our relationships, they don't all end 'happily ever after.' Getting on with our lives after a failed relationship can be distressing, but there are positive things you can do.

Rebuilding After Separation and Divorce

Do you need to move on after a relationship ends? This comprehensive eight week course helps you explore your feelings and find positives to empower you.

Topics include loss and grief, expressing anger without damage, self esteem and finding fresh horizons.

Fee: \$140 per person

Time: 6.30 – 9pm

Dates: Tues 7, 14, 21, 28 Feb, 6, 13, 20, 27 March
West Leederville

Wed 8, 15, 22, 29 Feb, 7, 14, 21, 28 March
Fremantle

Mon 30 April, 7, 14, 22, 28 May, 11, 18, 25 June
West Leederville

Special Offer: All participants will receive a copy of Dr Bruce Fisher's book 'Rebuilding When Your Relationship Ends'. Space is limited so book now.

Successfully Single

Being single brings challenges different from those faced by couples. Flying solo can be safe and comfortable. This course, held over two weeks, will encourage single people to feel good about their situation.

Fee: \$50 per person

Time: 10am – 4.30pm

Dates: Sat 23 JuneWest Leederville

Bookings close 3 days before the course unless spaces are available.

Payment is essential to ensure a place

Course Payment Form

(please print clearly)

COURSE COMMENCEMENT IS DEPENDENT ON NUMBERS

TITLE OF COURSE: _____

DATE(S): _____ LOCATION: _____

TITLE OF COURSE: _____

DATE(S): _____ LOCATION: _____

TITLE OF COURSE: _____

DATE(S): _____ LOCATION: _____

NAME(S): _____

ADDRESS: _____

_____ P/CODE: _____

PHONE: _____

MOBILE: _____

FAX: _____ EMAIL: _____

PAYMENT ENCLOSED: \$ _____

Cheques should be made payable to: Relationships Australia (WA)

Visa Mastercard

Cardholder's name: _____

Cardholder's signature: _____

Card Number:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

CCV Number (3 digit number on back of card):

--	--	--

Expiry Date: ____/____

Return this form and payment to:
Relationships Australia (WA)
PO Box 1206, West Leederville WA 6901
Fax: (08) 9489 6399

Tel: 1300 364 277

PLEASE NOTE, WE CHARGE A \$30 CANCELLATION FEE.

COURSES AND SEMINARS ARE HELD AT:

WEST LEEDERVILLE

Relationships Australia,
15 Cambridge Street (cnr Southport St)

FREMANTLE

Relationships Australia, 1 Ord Street

GOSNELLS

Relationships Australia, Lotteries House,
2232C Albany Highway

JOONDALUP

Relationships Australia, Lotteries House,
cnr Davidson Tce & Boas Ave

WEST LEEDERVILLE

West Leederville Primary School, 58 Northwood Street

MANDURAH

Lotteries House, 7 Anzac Place

MIDLAND

Relationships Australia, 27 The Crescent

PERTH

Family Relationship Centre,
Sheffield House, Level 1/713 Hay Street Mall

ROCKINGHAM

Relationships Australia, Lotteries House,
6 Civic Boulevard

EAST VICTORIA PARK FAMILY & COMMUNITY CENTRE

cnr Kent & Gloucester Street, East Victoria Park

RELATIONSHIPS AUSTRALIA (WA) is approved by the Commonwealth Attorney General's Department under the terms of the Marriage Act to conduct our programs. This approval requires us to meet prescribed standards of training and practice.

All our facilitators are fully trained in group facilitation skills.

Relationships Australia.

www.wa.relationships.com.au

1300 364 277