

Healthy Conflict in Relationships

Do you... sometimes find yourself in conflict with others?

Are you... interested in gaining useful tips to help manage conflict and use it constructively?

If so... this 2 ½ hour workshop is for you!

Conflict is a normal part of any relationship. How to manage it and resolve problems in a way that improves relationships rather than harms them is the focus of this workshop.

Strategies discussed include

- defining what constitutes conflict and the importance of healthy conflict resolution
- common strategies used while handling conflict
- learning new skills for healthy resolution
- looking at a step-by-step approach to a healthy resolution.

When: Tuesday 8 December 2020

Where: Bunbury Family Relationship Centre
Corner Molloy and Symmons Streets Bunbury
Access from Symmons Street side of building

Time: 6pm-8.30pm

Fee: \$30pp



*It would be
great to
see you*

Places are limited. Bookings Essential.

Please contact (08) 6164 0566 or email Bunbury.Education@relationshipsaustralia.org.au to register today!

Relationships Australia.