

Courses to strengthen relationships

January - July 2020

for men, women, couples and families



Relationships Australia.

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 workshops to eight-week courses. We offer a broad selection of programs and topics that reflect the complexity of 21st-century life.

Attending a course – what to expect

- You will join with about 8 – 12 others to learn about a topic
- Facilitators share knowledge and good practice with you, they do not lecture
- You will not be put under any pressure to speak or read in front of others
- There are no tests
- You are invited to participate, not told to
- Attendance and discussions are confidential
- Facilitators create a friendly and respectful learning environment



Building Relationships

If you are looking to enhance and review your relationships and the various issues that affect them, Relationships Australia has developed the following comprehensive interactive programs.

Relationships Australia welcomes same sex couples to all our couples courses.

Together Forever

This weekend course is for couples planning a future together, whether they are going to marry, live together or are already sharing their lives. The course covers expectations, needs, family background and communication.

Fee: \$160 per couple

Time: Fri 6.30 – 9pm, Sat 1 – 5.30pm,
Sun 10am – 1pm

Dates: 7, 8, 9 Feb.....West Leederville
5, 6, 7 June.....West Leederville

Building Better Relationships for Couples

This 8 week course, based on the research of Dr John Gottman, offers couples new ways of relating. Gottman found that increased friendship, trust and commitment, leads to more positivity in the relationship. It also increases a couple's ability to manage differences and conflict. Working with these foundations enables the couple to create increased meaning in their lives together.

Fee: \$160 per couple

Time: 6.30 – 9pm

Dates: Wed 12, 19, 26 Feb, 4, 11, 18, 25 Mar, 1 Apr
West Leederville

Tues 5, 12, 19, 26 May, 2, 9, 16, 23 Jun
West Leederville

Communication for Couples

Whatever the state of your relationship, there is always room for improved communication. The health and strength of a relationship depends on the ability to communicate effectively. This ability, added to a willingness to work through challenges and pressures, leads to growth both as an individual and as a partner. This course is for couples who want to find out how to communicate in a way that creates safety in their relationship so that they can maintain their feelings of love and connection, whilst working through differences.

This weekend course is also ideal for those in a FIFO relationship or who live in the country.

Fee: \$160 per couple

Time: Fri 6.30 – 9pm, Sat 1 – 5.30pm,
Sun 10am – 1pm

Dates: 6, 7, 8, Mar.....West Leederville
19, 20, 21 Jun.....West Leederville

Partners to Parents

This one night session will assist couples move from being a couple to becoming parents.

There are many joys and delights in becoming new parents and also many challenges. Managing the transition well and preparing your relationship for the change will help you build your strengths as a couple and help you manage all that lies ahead of you.

Fee: \$45 per couple

Time: 6.30 – 9pm

Dates: Wed 8 Apr.....West Leederville
Wed 1 Jul.....West Leederville

Understanding Stepfamily Relationships

Stepfamilies present a whole array of challenges that are different to those found in a biological family. It is a huge juggling act! This one day 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. Learn some useful strategies around how to parent and maintain healthy relationships in this context.

Fee: \$60 per person, \$100 per couple

Time: 9.30am – 4.30pm

Date: Sat 21 Mar.....West Leederville

Making Stepfamilies Work

Couples with children from previous relationships often benefit from strategies on communication, agreement on discipline and handling competing demands. Find out how to build the enduring, resilient stepfamily you both want.

Fee: \$80 per person, \$130 per couple

Time: 6.30 – 9pm

Dates: Wed 13, 20, 27 May, 3, 10, 17 June
West Leederville



Prepare-Enrich Questionnaire

Prepare-Enrich is a customised couple questionnaire 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 from the questionnaire.

The major goals of the program are to assist couples cement and enhance 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 2 hours up to a maximum of 4 hours feedback.

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

Fee:

- \$110 for the first session, including cost of on-line questionnaire and two copies of the 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" course.

FOR MORE ON BUILDING BETTER RELATIONSHIPS PLEASE SEE OUR SHORT COURSES PAGES.

Programs for Individuals

Communicate Effectively

This 6 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: \$110 per person
Time: 6.30 – 9pm
Dates: Tues 18, 25 Feb, 3, 10, 17, 24 Mar
West Leederville
Thur 14, 21, 28 May, 4, 11, 18 Jun
West Leederville

Family Patterns - Understanding how your past influences your present

Many of our adult attitudes and behaviours stem from experiences in our early years. Over the 6 sessions, we explore the impact of our early family life on current patterns of closeness, affection, stress management, communication, displays of love and other emotions and conflict management. Becoming aware of these patterns enables us to move beyond them so that the present and future are not anchored in the past.

Fee: \$110 per person
Time: 6.30 – 9pm
Dates: Thur 14, 21, 28 May, 4, 11, 18 Jun
West Leederville

Managing Anger and Stress for Women

Anger is a challenging emotion for many and most of us have not been taught the skills to manage it. This 8 week 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.

This course is not for people affected by domestic violence.

Fee: \$130 per person
Time: 6.30 – 9pm
Dates: Wed 12, 19, 26 Feb, 4, 11, 18, 25 Mar, 1 Apr
West Leederville
Wed 6, 13, 20, 27 May, 3, 10, 17, 24 Jun
West Leederville

Self-Worth – Free to be Me

Held over 8 weeks, this 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.

Fee: \$130 per person
Time: 6.30 – 9pm
Dates: Wed 12, 19, 26 Feb, 4, 11, 18, 25 Mar, 1 Apr
West Leederville
Mon 4, 11, 18, 25 May, 8, 15, 22, 29 Jun
West Leederville

Emotional Intelligence

Emotions play a strong role in individual thought, decision-making, our behaviour and our handling of all relationships. The goal of this all-day workshop is to appreciate the basis for emotions and how, if we link them to our mental processing skills, we can direct them towards a positive effect.

Fee: \$90 per person
Time: 9.30am – 4.30pm
Date: Thur 7 May.....West Leederville

Starting Over

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 relationship breakdown can be distressing, but there are positive things you can do.

Rebuilding After Separation and Divorce

Do you want to rebuild your life following a relationship break-up? Perhaps you are keen to feel less pain and distress. Or maybe you want to make some sense of your break-up and learn from it. This comprehensive 8 week course takes you through a series of rebuilding blocks, such as looking at grief and loss, fear, loneliness and anger, your role in the relationship, through to letting go, rebuilding self worth, learning to trust again, and making the transition to the next phase of your life; finding fresh horizons.

Fee: \$150 per person
Time: 6.30 – 9pm
Dates: Mon 10, 17, 24 Feb, 9, 16, 23, 30 Mar, 6 Apr
West Leederville

Included in this course is a copy of Dr Bruce Fisher's book 'Rebuilding When Your Relationship Ends'

Mums Surviving Separation

Separation brings major changes and challenges for Mums – financial and economic adjustments, having to respond to the needs of the children as they adjust to the changes, juggling work and home responsibilities, and multiple losses. This course aims to be a supportive space to explore the challenges of separation with other women in a similar position and to identify and/or reconnect with coping strategies to help in moving on to a fulfilling and happy life.

Fee: \$30 per person
Time: 6.30 – 9pm
Date: Wed 8 Apr.....West Leederville

Seeking and Keeping your Next Relationship

Looking for someone to love - why is it so challenging? What if we have never had a serious relationship? Or why are we reluctant to commit to someone even if they seem to 'tick all the boxes'? And how do you maintain a relationship for the longer term? This course aims to examine the tricky business of being at ease being single and seeking and keeping love. This is a course specifically designed for people who are currently single. The course is not for those still processing the emotion from more recent relationship breakdowns and we do suggest 'Rebuilding after Separation' for those participants.

Fee: \$130 per person
Time: 6.30 – 9pm
Dates: Mon 4, 11, 18, 25 May, 8, 15, 22, 29 Jun
West Leederville

Understanding Stepfamily Relationships

Stepfamilies present a whole array of challenges that are different to those found in a biological family. It is a huge juggling act! This one day 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. Learn some useful strategies around how to parent and maintain healthy relationships in this context.

Fee: \$60 per person/\$100 per couple
Time: 9.30am – 4.30pm
Date: Sat 21 Mar.....West Leederville

Making Stepfamilies Work

Couples with children from previous relationships often benefit from strategies on communication, agreement on discipline and handling competing demands. Find out how to build the enduring, resilient stepfamily you both want.

Fee: \$80 per person, \$130 per couple
Time: 6.30 – 9pm
Dates: Wed 13, 20, 27 May 3, 10, 17 June
West Leederville

BOOKINGS AND PAYMENT ARE
ESSENTIAL TO ENSURE A PLACE.

Programs for Men

These courses have been designed to help men deal with their relationship challenges in a comfortable, honest setting.

Introduction to Managing Anger - A Workshop for Men

Are your angry actions and words hurting you and others? It doesn't have to be that way. This weekend workshop will help you understand the attitudes, thoughts and beliefs that take you down the path of anger. Particularly suitable for those unable to attend the 8 week Anger Management course due to work commitments (i.e. FIFO or those living outside the metro area). This course does not replace the 8 week course.

Fee: \$95 per person
Time: Fri: 6.30 – 9pm, Sat: 9.30am – 4.30pm
Dates: Fri 20 & Sat 21 Mar.....West Leederville

Anger Management (for men)

This 8 week course is for men who are concerned their angry actions and words are hurting themselves and others. It doesn't have to be that way. The participants learn what attitudes, thoughts and beliefs take them down the path of anger. Through weekly practice and group interaction, participants develop new skills to help them avoid the harmful effects of anger.

This course is not suitable for men where domestic violence is an issue.

Fee: \$130 per person
Time: 6.30 – 9pm
Dates: Mon 10, 17, 24 Feb, 9, 16, 23, 30 Mar, 6 Apr
West Leederville
Wed 6, 13, 20, 27 May, 3, 10, 17, 24 Jun
West Leederville
Wed 6, 13, 20, 27 May, 3, 10, 17, 24 Jun
Fremantle

Survival Kit for Separating Dads

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

** We strongly recommend all separating Dads attend this course prior to any other course, particularly parenting courses.*

Fee: \$30 per person
Time: 6.30 – 9pm
Dates: Wed 5 Feb.....West Leederville
Tues 5 May.....West Leederville

Fathering after Separation

It's important for fathers to distinguish between their parenting role and their relationship break-up. This session, held in a male-friendly environment, will help you develop parenting skills that are responsive to your children's needs as they find their way through the family separation, and to assist you find helpful ways to stay in contact with your children.

Fee: \$30 per person
Time: 6.30 – 9pm
Dates: Tues 11 Feb.....West Leederville
Tues 9 June.....Midland

Dads Raising Girls (under 12 years)

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: \$30 per person
Time: 6.30 – 9pm
Dates: Tues 18 Feb.....West Leederville
Wed 1 Jul.....West Leederville

Dads Raising Teenage Girls

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: \$30 per person
Time: 6.30 – 9pm
Date: Tues 12 May.....West Leederville

Dads Raising Boys (under 12 years)

For a boy a close relationship with his father is like gold. A father can be an anchor for a son. A Dad models behaviours that shape who they become as an adult. This workshop for Dads will assist in building their son's self-esteem, healthy identity and resilience as well as managing challenging behaviours.

Fee: \$30 per person
Time: 6.30 – 9pm
Dates: Tues 3 Mar.....West Leederville
Tues 23 Jun.....Midland

Dads Raising Teenage Boys

Raising teenage boys can be challenging but there can also be exceptional times of fun and closeness. This workshop is designed to assist fathers and father figures navigate their way through the teen years to help build positive relationships and strong, positive young men for the future.

Fee: \$30 per person
Time: 6.30 – 9pm
Date: Tues 16 Jun.....West Leederville

PLACES ARE LIMITED SO PLEASE
PHONE 6164 0233
TO SECURE YOUR PLACE.



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 offer a range of courses to help you address parenting challenges.

Building Stronger Families

Building and nurturing a family can seem a daunting task. But all families have their good times and their hard times. This course is for both parents and their children aged 10 and over – inclusion is the key. Over the course of 6 weeks we will look at what it takes to make the good times happen. We will also practice skills such as cooperation, problem-solving and relating respectfully to help you go through the hard times. Skills such as these will help to strengthen your family.

Fee: \$80 per one parent family, \$120 per two parent family
Time: 6.30 – 8.30pm
Dates: Mon 4, 11, 18, 25 May, 8, 15 Jun
West Leederville

Bringing Up Great Kids

Does it seem you are not being the kind of parent you would like to be?

The role of parents in modern society has changed and parents often feel under pressure to be seen as 'good' parents. This course will help you develop strategies to manage your parenting approach despite the mounting pressures on your time and role. 'Bringing Up Great Kids' is a reflective parenting program developed by the Australian Childhood Foundation.

Fee: \$60 per person
Time: 6.30 – 9pm
Dates: Mon 17, 24 Feb, 9, 16, 23 Mar
West Leederville

Parent-Child Connection

Whilst raising children is considered one of life's most rewarding experiences, it can also be challenging and frustrating at times. Parenting doesn't come with a guidebook but we do know what helps create a strong parent-child connection: security, warmth and positive attention, and good communication – plus boundaries and fair rules. This practical 4 week course will help you understand your child's development and behaviour and give you some tools so you can parent with confidence and enjoy your kids.

Fee: \$50 per person, \$75 per couple
Time: 6.30 – 9pm
Dates: Tues 19, 26 May 2, 9 Jun
West Leederville

All about Anger - for Parents and Teens

This workshop, for both parents and their teens, has been designed to assist families when anger is becoming troublesome. Gain a deeper understanding of the ways we create and maintain angry feelings within our family, and develop language and skills which will help family members respond to their own and other's anger in a more constructive and positive way.

Fee: \$50 per family
Time: 9.30am – 12.30pm
Date: Sat 4 Apr.....West Leederville

Parent-Teen Connection

We know that adolescence can be a time of turmoil and change – for both children and their parents. There are plenty of things you can do as a parent to maintain a strong relationship and stay connected. This course will provide you with a practical 'how-to' guide to help you understand your teen's behaviour and give you some skills to manage challenges effectively.

Fee: \$50 per person, \$75 per couple
Four week option
Time: 6.30 – 9pm
Dates: Tues 10, 17, 24, 31 Mar..... West Leederville
OR
Two week option
Time: 9.30am – 1pm
Dates: Sat 16 & 23 May..... West Leederville

Successful Single Parenting

If you are a single parent and are well through that initial relationship break-up stage, this course will provide strategies that will help you develop a close and special relationship with your child. Parenting alone is different in many ways compared to a two parent household and can have its difficulties and challenges. Whatever the challenges it is important to live your life in ways that show your children you are happy. Those still going through a relationship breakdown are advised to attend Parenting After Separation first.

Fee: \$30 per person
Time: 6.30 – 9pm
Dates: Wed 1 Jul.....West Leederville



The “Rock and Water” Program

(suitable for 8 – 14 years)

The “Rock and Water” Program for the family is facilitated by an accredited Rock and Water trainer. The program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. 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: \$70 per pair

Time: 8.30am – 12.30pm

Dates: Sat 28 Mar.....West Leederville
Sat 13 Jun.....West Leederville

Emotion Coaching Your Child

Every parent wants to do the best for their child but can often feel overwhelmed. After many decades of research it has been found that one of the most useful skills and awareness a parent can give is emotional intelligence. This means helping their child to recognise what they are feeling and why. We explore the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

Fee: \$30 per person

Time: 6.30 – 9pm

Dates: Tues 25 Feb.....West Leederville
Tues 12 May.....Midland

Parenting After Separation – From conflict to cooperation

If it is managed well by the adults, separation doesn't have to be harmful for children. It is the ongoing conflict that is damaging. Research shows what children need after their parents separate is a secure base with parents they trust and feel comforted by. Parents who can make room for thinking about their children's needs, apart from their own needs, can help their children adapt best to family separation.

Fee: \$30 per person

Time: 6.30 – 9pm

Dates: Wed 29 Apr.....West Leederville

How to Develop Qualities in our Children

All parents and those caring for children would like to see children display such qualities as kindness, truthfulness, fairness and respect. Come to this one-day workshop and learn the strategies you need to develop these qualities in our children. This workshop is based on the Virtues Project.

Fee: \$60 per person

Time: 9.30am – 4.30pm

Dates: Sat 28 Mar.....West Leederville
Sat 27 Jun.....West Leederville

Short Courses

These sessions, held in a comfortable setting, give an overview of various aspects of relationships and are a great introduction to our longer, in-depth relationship courses.

Fee: \$30 per person

Time: 6.30 – 9pm (unless otherwise stated)

COURSES FOR EVERYONE

Understanding Angry Emotions

Rather than being a destructive force, anger can be our greatest ally. This session helps you understand anger and turn it to your advantage. It includes how we mismanage anger, how we can learn to respond and not react in an unhelpful way, and some strategies for its positive resolution.

Date: Wed 27 May.....Joondalup

Healthy Conflict in Relationships

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

Date: Wed 5 Feb.....West Leederville
Tues 5 May.....Midland

Communication in Relationships

People who communicate with care create healthy relationships. This session covers the basic principles for communicating with those you love to gain clarity and achieve respectful relationships.

Dates: Wed 11 Mar.....Joondalup
Tues 30 Jun.....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 your relationships with family, friends, neighbours and work colleagues. It helps you to get your needs met whilst respecting the needs of others.

Date: Tues 7 Apr.....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 workshop looks at the difference between healthy and unhealthy boundaries and teaches skills that help with good boundary setting.

Dates: Tues 31 Mar.....West Leederville
Tues 30 Jun.....West Leederville

Healthy Self Esteem

Would you like to feel better about yourself? Self esteem is essential to good health, both physical and emotional. Come to this session and start learning some strategies to maintain healthy self esteem through change in attitude, language and behaviour.

Dates: Tues 18 Feb.....Midland

Mindfulness – Transform Your Relationships

Negative reactivity, in any relationship, is a major cause of relationship deterioration. For a couple's relationship, the consequence is loss of feelings of love and connection, and even divorce. Mindfulness is the practice of becoming more fully aware in the present. People who practice mindfulness in their daily lives are more likely to respond in a loving way rather than automatically reacting.

Dates: Wed 29 Apr.....West Leederville



COURSES FOR MUMS

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. This session includes building confidence and competence in sons and setting boundaries.

Date: Mon 6 Apr.....West Leederville

Mums Raising Teenage Boys

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

Date: Mon 22 Jun.....West Leederville

Mums Raising Teenage Girls

As we know, the relationship between a mother and her daughter is very important. This workshop helps mothers to better understand their daughters and the challenges they go through during puberty and helps to better equip their daughters to be happy and strong individuals.

Date: Mon 30 Mar.....West Leederville

Mums Surviving Separation

Please see page 7

COURSES FOR DADS

Dads Raising Girls

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.

Dates: Tues 18 Feb.....West Leederville
Wed 1 Jul.....West Leederville

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Dates: Tues 3 Mar.....West Leederville
Tues 23 Jun.....Midland

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Raising teenage boys can be challenging but there can also be exceptional times of fun and closeness. This session is designed to assist fathers and father figures navigate their way through the teen years to help build positive relationships and strong, positive young men for the future.

Date: Tues 16 Jun.....West Leederville

Survival Kit for Separating Dads

Please see page 8

Relationships Australia also offers the following professional development courses:

- Accidental Counsellor
- Defusing Angry and Abusive Customers
- Mentoring Adolescents
- Introduction to Couples Counselling
- Parenting between Cultures: Working with Migrant and Refugee Parents
- Cultural Fitness Training – Aboriginal Culture

Call 6164 0233 for more information.

PLEASE REFER TO OUR PROGRAMS FOR PARENTS SECTION FOR MORE PARENTING COURSES.



IF YOU WOULD LIKE A COURSE PAYMENT FORM PLEASE EMAIL YOUR REQUEST TO courses@relationshipsaustralia.org.au

COURSES ARE HELD AT:

WEST LEEDERVILLE

Relationships Australia,
Level 1, 22 Southport Street

FREMANTLE

Relationships Australia
1 Ord Street

JOONDALUP

Relationships Australia, Lotteries House,
Unit 7/70 Davidson Terrace

MIDLAND

Relationships Australia
27 The Crescent

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[®]

WESTERN AUSTRALIA

www.relationshipswa.org.au/courses

6164 0233

