

# Building Better Relationships for Couples

## West Leederville



Couple relationships today face many and difficult challenges. Long term research has shown that the quality of a couple's 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.

Some of the topics included in this eight-week course are:

- Understanding the signs that accompany challenges
- How to turn to each other in times of stress and challenge, and skills to help with this
- Communication skills, both as speaker and listener
- Accepting, managing and celebrating difference

Please refer to our website for further information.

*Note: This is a course for couples who are committed to their relationship and have a desire to make it more fulfilling/successful. If you are in distress, fighting frequently or thinking of separating we recommend our counselling services.*

**When:** Wed 22 29 October 5 12 19 26 November 3 & 10 December

**Time:** 6.30pm – 9.00pm

**Where:** WEST LEEDERVILLE – Level 1, 22 Southport St

**Cost:** \$180 per couple, \$90 concession



For information about our courses and workshops, please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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