

# 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.

Topics included in this eight-week course:

- Understanding the signs that accompany challenges
- Building friendship
- The importance of trust and commitment
- 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
- Conflict management skills
- Creating a meaningful relationship

The course is based on the research of Dr. John Gottman and not only informs participants of ways to create a loving relationship, but also teaches the required skills through experiential exercises and discussion.

Note: This is a course for couples who are committed to their relationship and have a desire to make it more fulfilling/successful. It is also suitable for couples who may be experiencing some issues and difficulties but are still talking and living together. If you are in distress, fighting frequently or thinking of separating we recommend our counselling services.

This course is not suitable for couples where there is Domestic Violence (DV) – please seek couples counselling.

**When:** Tuesdays 6, 13, 20, 27 February, 5, 12, 19 & 26 March 2024

**Time:** 6.30pm – 9.00pm

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

**Cost:** \$180 per couple

Bookings are required. Please phone 6164 0200 or visit our website to enrol.

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

*Relationships Australia*  
WESTERN AUSTRALIA