

# Building Better Relationships for Couples

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

**Where:** WEST LEEDERVILLE - Level 1, 22 Southport Street

**When:** Mondays 31 Jan 7 14 21 28 February 14 21 28 March 2022

**Time:** 6.30pm - 9.00pm

**Cost:** \$180 per couple

**Bookings are required. Please phone 6164 0200 to enrol**

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)