

Communication in Relationships

Bunbury



In relationships, effective communication is the avenue through which people express their wants and needs, listen to others to understand and get along overall. Communication is always a two-way process – both sender and receiver need to be actively involved. This session covers the basic principles for communicating with those around you to gain clarity and achieve respectful relationships.

This workshop looks at:

- components of communication, both verbal and non-verbal
- barriers and roadblocks – why communication can break down
- new skills in communication which include a shift in attitude
- problem solving techniques and opportunities to practice them.

This is an excellent introduction to understanding basic communication.

When: Wednesday 19th October 2022

Time: 6pm – 8.30pm

Where: BUNBURY FAMILY RELATIONSHIP CENTRE
Corner Molloy and Symmons Streets, Bunbury
Access from Symmons Street side of the building

Cost: \$30 per person

For information about our courses and workshops please call 6164 0566 or visit www.relationshipswa.org.au



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