

Communication for Couples

West Leederville



A good relationship is not so much about communication, it's about connection. This course is for couples who want to understand how communication can help a relationship or get in the way. It also explores ways of building and maintaining connection that contribute to relationship satisfaction.

Discussion in this workshop will include:

- The influence of our family of origin on our patterns of connection
- How to work with physiological “auto-pilot” reactions and deal with the sensitivity that gets in the way of connecting with our partner
- The impact of perceptions on relationships
- Using empathy and validation
- Handling emotions
- Managing, accepting and appreciating differences
- Using and relating to conflict in the best interest of the relationship

When: Saturdays 13 & 20 June 2026

Time: 9.30am-3.00pm

Where: WEST LEEDERVILLE – Level 1, 22 Southport St

Course Cost: \$160 per couple, \$80 per couple concession

For information about our courses and workshops please call 6164 0200 or visit www.relationshipswa.org.au

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