

# Communication in Relationships

## Interactive Online via Zoom



We are often faced with stresses in our daily lives. Whether with family, friends or work colleagues, effective communication is essential for seeking to feel understood, resolve conflicts, and build trust in relationships. By actively listening, expressing your emotions, and respectfully articulating your needs, you will form stronger connections that promote mutual respect and cooperation.

In this 2.5-hour workshop, you will receive support to learn strategies to enhance your communication skills.

You will learn:

- Essential communication principles and skills
- Barriers that lead to communication breakdown
- Strategies to enhance feelings of connection

**When:** Wednesday 13 May 2026

**Time:** 6.15pm – 9.00pm

**Where:** Online – via Zoom

**Cost:** \$30 per person, \$15 concession

Online sessions are interactive and have minimum requirements.  
Any couples need to attend on separate devices, in separate spaces.



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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