

# Courses to Strengthen Relationships

for men, women,  
couples and families



*Relationships Australia®*

Relationships Australia has a reputation for exceptional Relationship Education workshops and courses ranging from single session workshops to eight week courses. We offer a broad selection of topics reflecting the complexity of contemporary life.

Please refer to our website for full and current details including dates, locations, session times and fees, which start at \$30 for a short 2 ½ hour workshop. Concession rates are available.

### Attending a workshop or course – what to expect

- You will join with a group of around 12 people to learn about a topic
- Facilitators share knowledge and good practice with you, they do not lecture
- You will not be put under any pressure to speak or read in front of others
- There are no tests
- You are invited to participate
- Attendance and discussions are confidential
- Facilitators create a friendly and respectful learning environment

## Couples Courses

If you are looking to enhance and review your relationships and the various issues that affect them, Relationships Australia has developed the following comprehensive interactive workshops and courses. We welcome same sex couples to our programs, including all our couples courses.

### Together Forever

This weekend course is for couples planning a future together, whether they are going to marry, live together or are already sharing their lives. The course covers expectations, needs, family background and communication.

#### Weekend Course Times:

Fri 6.30 – 9pm, Sat 1 – 5.30pm, Sun 10am – 1pm

## Relationships Australia: Who we are

Relationships Australia, founded over 60 years ago to give marriage guidance to returning servicemen and women, today provides a broad range of professional relationship services. As a community-based, not-for-profit organisation with no religious affiliation, we are available to everyone regardless of age, race, gender or sexual preference.

**TO BOOK YOUR PLACE OR FOR MORE INFORMATION**

**Call:** 6164 0233

**Visit:** [www.relationshipswa.org.au/courses](http://www.relationshipswa.org.au/courses)

**Email:** [education@relationshipswa.org.au](mailto:education@relationshipswa.org.au)



## Building Better Relationships for Couples

This 8 week course, based on the research of Dr John Gottman, offers couples new ways of relating. Gottman found that increased friendship, trust and commitment, leads to more positivity in the relationship. It also increases a couple's ability to manage differences and conflict. Working with these foundations enables the couple to create increased meaning in their lives together.

### Time:

One evening a week over 8 weeks from 6.30pm - 9pm

## Communication for Couples

Whatever the state of your relationship, there is always room for improved communication. The health and strength of a relationship depends on the ability to communicate effectively. This ability, added to a willingness to work through challenges and pressures, leads to growth both as an individual and as a partner. This course is for couples who want to find out how to communicate in a way that creates safety in their relationship so that they can maintain their feelings of love and connection, whilst working through differences.

This weekend course is also ideal for those in a FIFO relationship or who live in the country.

### Weekend Course Times:

Fri 6.30 - 9pm, Sat 1 - 5.30pm, Sun 10am - 1pm



## Prepare-Enrich

Prepare/Enrich includes a customised couple questionnaire completed online and a program designed to focus on important relationship issues. It is particularly suitable for couples planning a committed relationship.

Based on a couple's responses, a trained Facilitator provides a number of feedback sessions in which the Facilitator helps the couple discuss and understand their outcomes from the questionnaire.

The major goals of the program are to assist couples cement and enhance their relationship. Areas covered include:

- Communication and conflict resolution skills
- Partner style and habits
- Family, friends and leisure activities
- Assertiveness and self confidence
- Financial management
- Affection, intimacy and sexuality

The program is divided into an initial 1 hour session after which both parties complete a tailored questionnaire online at home. This is followed by a minimum of 2 to 4 hours feedback, in hourly sessions, depending on the couple's needs.

The program is by appointment only - call 1300 364 277.

### Fee:

- There is a flat rate for the first session, which includes the cost of the on-line questionnaire and two copies of the workbook.
- Follow up sessions charged on a sliding scale based on couple's income.

### Special offer:

Book in to both Prepare/Enrich and our weekend course "Together Forever" and receive a discount on the "Together Forever" course.

### Communicate Effectively

This 6 week course covers all areas of communication including attitudes, listening and speaking skills, as well as conflict resolution. Healthy relationships, whether at work or at home, are created by individuals who communicate clearly and effectively. This course is open to anyone who wishes to develop their ability to communicate and maintain relationships; couples may find our couples courses more useful.

**Time:** One evening a week over 6 weeks

### Self-Worth – Free to be Me

Held over 8 weeks, this course gives participants a better understanding of themselves and others while providing skills and strategies to enhance self-worth. It also provides the opportunity to learn and practise new skills, take reasonable risks in relationships and set goals, all within a safe and trusting environment.

**Time:** One evening a week over 8 weeks

### Managing Anger and Stress for Women

Anger is a challenging emotion for many and most of us have not been taught the skills to manage it. This 8 week course helps us to acknowledge and reduce our anger levels before we speak or act. The power we derive from communicating our feelings more appropriately, whether it's with our children, partners or in any other situation, enables us to improve our lives.

This course is not for people affected by domestic violence.

**Time:** One evening a week over 8 weeks

### Family Patterns - understanding how your past influences your present

Many of our adult attitudes and behaviours stem from experiences in our early years. Over the 6 sessions, we explore the impact of our early family life on current (possibly unhelpful) patterns of behaviour, relating to, for example, closeness, affection, stress management, communication, displays of love, emotion and conflict management. Becoming aware of these patterns enables us to move beyond them so that the present and future are not anchored in the past.

**Time:** One evening a week over 6 weeks

### Emotional Intelligence

Emotions play a strong role in individual thought, decision-making, our behaviour and our handling of all relationships. How many times do we fracture relationships due to our inability to regulate our emotions? The goal of this all-day workshop is to appreciate the basis for emotions and how, if we link them to our mental processing skills, we can direct them towards a positive effect.

**Time:** Full day

### Accidental Counsellor

Do you find people often open up to you and share their problems or distressing situations? Do they ask you what you think they should do? Are you afraid of saying the wrong thing? This practical all-day workshop is designed to assist you to be clearer about what to say or do to help in such situations.

**Time:** Full day

No matter how much effort we put into our relationships, they don't all end 'happily ever after'. Getting on with our lives after a relationship breakdown can be distressing, but there are positive things you can do.

### Separation – Divorce: What Now?

This single session workshop gives an introduction to the process of rebuilding after separation or divorce, and you get to meet others going through a similar process. Some topics will include dealing with loneliness after becoming single, the processes of grieving after the crisis of the relationship breakdown, how the emotional divorce process differs for the 'left' and the 'leaver' and understanding some of your role in the relationship breakdown. A great introduction to the Rebuilding after Separation and Divorce course.

**Time:** Single session

### Rebuilding After Separation and Divorce

Do you want to rebuild your life following a relationship break-up? Perhaps you are keen to feel less pain and distress. Or maybe you want to make some sense of your break-up and learn from it. This comprehensive 8 week course takes you through a series of rebuilding blocks, such as looking at grief and loss, fear, loneliness and anger, your role in the relationship, through to letting go, rebuilding self-worth, learning to trust again, and making the transition to the next phase of your life; finding fresh horizons. What you learn about yourself may result in you making different decisions and choices in the future, particularly around healthy relationships.

*This course is based on Dr Bruce Fisher's book 'Rebuilding When Your Relationship Ends'.*

**Time:** One evening a week over 8 weeks

### Seeking and Keeping your Next Relationship

Looking for someone to love - why is it so challenging? What if we have never had a serious relationship? Or why are we reluctant to commit to someone even if they seem to 'tick all the boxes'? And how do you maintain a relationship for the longer term? This course aims to examine the tricky business of being at ease being single and seeking and keeping love. This is a course specifically designed for people who are currently single. The course is not for those still processing the emotion from more recent relationship breakdowns and we do suggest 'Rebuilding after Separation' for those participants.

**Time:** One evening a week over 8 weeks

### Mums Surviving Separation

Separation brings major changes and challenges for Mums - financial and economic adjustments, having to respond to the needs of the children as they adjust to the changes, juggling work and home responsibilities, and multiple losses. This workshop aims to be a supportive space to explore the challenges of separation with other women in a similar position and to identify and/or reconnect with coping strategies to help in moving on to a fulfilling and happy life.

**Time:** Single session

### Survival Kit for Separating Dads

Separation presents many challenges for men, especially fathers. Men report a range of intense experiences during this time. If you are going through a separation or divorce this workshop will provide a supportive place to acknowledge and explore the challenges you are experiencing. We will assist you to identify some practical coping strategies so that you can feel more positive about yourself and your future.

*Any dad who is going through a particularly difficult separation or divorce is strongly advised to attend this session, prior to any parenting workshop or group.*

**Time:** Single session

### Understanding Stepfamily Relationships

Stepfamilies present a whole array of challenges that are different to those found in a biological family. It is a huge juggling act! This one day workshop is based on research that highlights some of the more helpful ways of forming and living in this new family, be it a stepfamily or a blended family. Learn some useful strategies around how to parent and maintain healthy relationships in this context.

**Time:** Full day

### Making Stepfamilies Work

Couples with children from previous relationships often benefit from strategies on communication, agreement on discipline, handling competing demands and other challenges associated with step-families. Find out how to build the enduring, resilient stepfamily you both want.

**Weekend Course Times:** One evening a week over 6 weeks



These courses have been designed to help men deal with their relationship challenges in a comfortable, honest setting. Please visit our website to view any additional programs for men.

### Anger Management (for men)

This 8 week course is for men who are concerned their angry actions and words are hurting themselves and others. It doesn't have to be that way. The participants are encouraged to learn what attitudes, thoughts and beliefs take them down the path of anger. Through weekly practice and group interaction, participants are given the opportunity to develop new skills to help them avoid the harmful effects of anger.

This course is not suitable for men where domestic violence is an issue. Eligibility criteria may apply.

**Time:** One evening a week over 8 weeks

### Introduction to Managing Anger – A Workshop for Men

Are your angry actions and words hurting you and others? It doesn't have to be that way. This weekend workshop will help you understand the attitudes, thoughts and beliefs that take you down the path of anger. Particularly suitable for those unable to attend the 8 week Anger Management course due to work commitments (i.e. FIFO or those living outside the metro area). This course does not replace the 8 week course.

Eligibility criteria may apply.

**Time:**

Friday evening 6.30-9pm and Saturday from 9.30am to 4.30pm



## Fathering after Separation

It's important for fathers to distinguish between their parenting role and their relationship break-up. Being there for your child is very important. This workshop, held in a male-friendly environment, will help you develop parenting skills that are responsive to your children's needs as they find their way through the family separation and to assist you find helpful ways to stay in contact with your children.

**Time:** Single session

*Think about attending Survival Kit for Separating Dads first - please see page 8 for details.*

## Dads and Daughters (previously Dads Raising Girls/Teen Girls)

For girls, a father's love and support are extremely important. As the primary male role model in a girl's life, Dad holds the key to her self-esteem. A girl's image of herself as worthy, intelligent, interesting and capable is boosted by her father. This workshop will identify some of the potential pitfalls for dads and give you some tips to build a rewarding father-daughter relationship.

**Time:** Single session

## Dads and Sons (previously Dads Raising Boys/Teen Boys)

For a boy, a close relationship with his father is like gold. A father can be an anchor for a son. The behaviours and attitudes Dads model shape who their boy becomes as an adult. This workshop will assist Dads to build a rewarding father-son relationship and how to guide their boys to be strong, resilient young men.

**Time:** Single session

For details on our parenting courses specific to mothers please refer to the programs for Mums on page 15.

## Programs for Parents

Raising our children should be one of life's greatest experiences, but as any parent knows, it is not an easy task. With this in mind our professional facilitators offer a range of workshops and courses to help you address parenting challenges.

### Bringing Up Great Kids

We know that the best relationship a child can have is with a loving, caring parent. We also know that parenting is tough and sometimes we are not the parent we want to be. This course is for parents and carers who want to understand their child's behaviour and, through self-reflection, gain helpful insights into their own parenting. 'Bringing Up Great Kids' is a rewarding, reflective parenting program developed by the Australian Childhood Foundation.

**Time:** One session a week over 5 weeks

### Parent-Child Connection

Whilst raising children is considered one of life's most rewarding experiences, it can also be challenging and frustrating at times. Parenting doesn't come with a guidebook but we do know what helps create a strong parent-child connection: security, positive attention and good communication plus clear boundaries and fair rules. This practical course will help you understand your child's development and behaviour and give you some tools so you can parent with confidence and enjoy your kids.

**Time:** One evening a week over 4 weeks

### Parenting Your Angry Teen

Does your teenager always seem to be angry? Is it hard for you to control your anger around them? This workshop gives you an insight into why the teenage years can seem like an anger minefield and will give you new ideas and skills in managing your teen's angry emotions.

**Time:** Single session

## Parent-Teen Connection

We know that adolescence can be a time of turmoil and change – for both children and their parents. There are plenty of things you can do as a parent to maintain a strong relationship and stay connected. This course will provide you with a practical 'how-to' guide to help you understand your teen's behaviour and give you some skills to manage challenges effectively.

**Time:** Offered in different formats – please refer to our website for current details

## Emotion Coaching Your Child

Every parent wants to do the best for their child but can often feel overwhelmed. After many decades of research it has been found that one of the most useful skills and awareness a parent can give is emotional intelligence. This means helping their child to recognise what they are feeling and why. We explore the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

**Time:** Single session

## Supporting Your Anxious Child

This workshop explores anxiety in an easy to understand format. You will be guided to recognize the signs and symptoms of anxiety, find out what causes anxiety and learn strategies to support your child, and strengthen the parent-child relationship, should they become anxious.

**Time:** Single session

## Building Stronger Families

Building and nurturing a family can seem a daunting task. But all families have their good times and their hard times. This course is for both parents and their children aged 10 and over – inclusion is the key. Over the course of 6 weeks we will look at what it takes to make the good times happen. We will also practice skills such as cooperation, problem-solving and relating respectfully to help you go through the hard times. Skills such as these will help to strengthen your family.

**Time:** One evening a week over 6 weeks

## The “Rock and Water” Program

(suitable for 8 – 14 years)

The “Rock and Water” Program for the family is facilitated by an accredited Rock and Water trainer. The program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. We encourage fathers, mothers, daughters and sons to spend a Saturday morning together examining their emotional connections with each other whilst learning new skills to strengthen family ties.

*Note: due to the nature of activities there is room for only one child/adolescent per adult. Many activities are physical, so comfortable attire is required when attending.*

**Time:** Single session

## Parenting After Separation – from conflict to cooperation

If it is managed well by the adults, separation doesn't have to be harmful for children. It is the ongoing conflict that is damaging. Research shows what children need after their parents separate is a secure base with parents they trust and feel comforted by. Parents who can make room for thinking about their children's needs, apart from their own needs, can help their children adapt best to family separation.

**Time:** Single session

## Successful Single Parenting

If you are a single parent and are well through that initial relationship break-up stage, this course will provide strategies that will help you develop a close and special relationship with your child. Parenting alone is different in many ways compared to a two parent household and can have its difficulties and challenges. Whatever the challenges it is important to live your life in ways that show your children you are happy. Those still going through a relationship breakdown are advised to attend Parenting After Separation first.

**Time:** Single session



## Mums Raising Boys – up to the age of 12 years

Mothers play a vital part in developing their son's identity, including their ability to be nurturing and socially competent. But sometimes their boisterousness and propensity to push boundaries can be challenging. However, there are some helpful guidelines to follow when managing a boy's behaviour that will teach him important life skills and lead to a greater enjoyment of him.

**Time:** Single session

## Mums Raising Teenage Boys

It can be difficult for mums to watch their boys move away from them as they grow up. Boys need their mothers to step back but never to lose contact with his world and his concerns. Mums still have an important role to play: showing him how to relate to others, particularly to girls and women, and helping him feel good about himself.

**Time:** Single session

## Mums Raising Teenage Girls

The relationship between a mother and her teenage daughter can be intense. Girls look to their mothers for inspiration and guidance so they need their mums to look at the messages they are sending. This workshop helps mums to better understand their daughters and the challenges they go through and how to find joy in the relationship.

**Time:** Single session

## Dads

For details on our parenting courses specific to Dads please refer to the programs for men on page 11.

These single session workshops give an overview of various aspects of relationships and are a great introduction to our longer, in-depth relationship courses.

Most single sessions run for two and a half hours in the evening but we do offer some longer sessions, daytime and weekend courses. Please see our website for up to date information.

## Communication in Relationships

People who communicate with care create healthy relationships. This session covers the basic principles for communicating with those you love to gain clarity and achieve respectful relationships. This workshop is open for everyone to attend, whether they are currently in a relationship or not.

## Healthy Conflict in Relationships

Are you often in conflict with others? Don't be too worried – differences are part of any relationship and can be healthy. Learn how to manage conflict and make it constructive. This workshop is suitable for individuals and couples. Those in a committed relationship may also be interested in the weekend Communication for Couples course or the 8 week Building Better Relationships course.

## Express Yourself Assertively

You may be a good communicator, but isn't there always room for improvement? Asserting yourself effectively gives you the edge in improving your relationships with family, friends, neighbours and work colleagues. It helps you to get your needs met whilst respecting the needs of others.

## Setting Healthy Boundaries

In order to experience satisfying connections with other people – whether family, work colleagues or love relationships – we need to set healthy boundaries. This workshop looks at the difference between healthy and unhealthy boundaries and teaches skills that help with good boundary setting.

## Mindfulness - Transform Your Relationships

It is natural to react to the people we love in ways that are not helpful. Research has shown that mindfulness practice helps people to respond rather than react and enjoy greater satisfaction in relationships, deal with relationship stress more constructively and be able to communicate more effectively, particularly in conflict situations.

## Self-Worth – An Introduction

Healthy self-worth is one of the keys to physical and emotional well-being. It is central to our motivation, and plays a big part in our capacity to make decisions and choices. With healthy self-worth we are more able to participate in positive relationships with others and maintain a consistently good emotional state in which a person is better able to feel good about themselves.

## Understanding Angry Emotions

Rather than being a destructive force, anger can be our greatest ally. This session helps you understand anger and turn it to your advantage. It includes how we mismanage anger, how we can learn to respond and not react in an unhelpful way, and some strategies for its positive resolution.

## Online Workshops and Courses

Please refer to our website for online course availability – [www.relationshipswa.org.au/courses](http://www.relationshipswa.org.au/courses)

As our face to face relationship education sessions are interactive, we want this to be a feature of our online workshops and courses. So please be advised, our online sessions are not webinars where the audience is passive. All those enrolling for an RAWA online workshop will be encouraged to participate. With this in mind, we have put together some basic requirements for the best possible group experience in an online session.

**To attend our online workshops and courses you will need:**

- A computer/laptop/tablet/iPad with a webcam/camera and microphone. Smartphones are not appropriate due to the nature of this type of group session.
- Ideally a table or desk to sit at. We aim to recreate the group room online, with everyone totally engaged.
- A good, reliable internet connection.
- A quiet, private space to attend the session and maintain confidentiality.
- To ensure the webcam is enabled/on for each session.

**Relationships Australia also offers Workplace Training courses in West Leederville including:**

- Defusing Angry and Abusive Clients
- Mentoring Adolescents
- Parenting Between Cultures: Working with Migrant and Refugee Parents
- Accidental Counsellor – in the Workplace
- Introduction to Couples Counselling

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**COURSES AND WORKSHOPS ARE HELD IN THE  
PERTH METROPOLITAN AREA.**

**Subject to staff availability, Education Services can  
delivered specifically for organisations.**

**Contact us to discuss.**

RELATIONSHIPS AUSTRALIA (WA) is approved by the Commonwealth Attorney General's Department under the terms of the Marriage Act to conduct our programs. This approval requires us to meet prescribed standards of training and practice.

All our facilitators are fully trained in group facilitation skills.

*Relationships Australia*

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