

# Managing Conflict for Couples NEW

## Mandurah



Conflict is a natural part of relationships, arising when individuals perceive incompatibilities in their thoughts, feelings, or actions and feel restricted by someone else's behaviour. While often viewed as negative, conflict - when managed constructively - can foster cooperation, strengthen relationships, and promote personal growth, self-knowledge, and intimacy.

### Discussed during this 2-week course:

- how conflict is a normal part of relationships and can strengthen connections when managed well
- common myths about conflict and how they can negatively affect relationships
- how the brain prioritises survival during conflict
- the difference between destructive and constructive conflict and develop strategies to replace negative patterns with positive interactions
- strategies to repair relationships both during and after conflict.

Note: this course is for couples that are living together and committed to working on strengthening their relationship knowledge and skills. If you are experiencing couples' distress or thinking of separating, we recommend couples counselling services. **This course is not suitable for couples where there is domestic violence (DV) – please seek counselling support services.**

**When:** Thursday 19 & 26 March 2026

**Time:** 6.30pm-9 pm

**Where:** Mandurah, 7 Anzac Place (Lotteries House)

**Course Cost:** \$60 per couple, \$30 per couple concession rate



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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