Partners to Parents

Online via Zoom



Transitioning from Partners to Parents is a challenging time for most couples. This workshop explores your expectations, emotions and assumptions about becoming parents and offers you effective tools to navigate this transition.

Expecting partners have different feelings and emotions around becoming parents, which often lead to challenges in the relationship. For many it is a time of mixed emotions. It's not unusual to experience excitement, joy, apprehension and uncertainty around the responsibility of raising a child.

This workshop aims to help you:

- Understand how baby may impact your relationship
- Manage your expectations and emotions during the transition
- Learn healthy ways to resolve conflict in your relationship

This transition will be different for each partner and may influence their ability to parent and their relationship with their child. Couples who focus their attention on what unites them and produces joy, are more likely to experience a healthy and close relationship as a new family.

When: Thursday 10 December 2026

Time: 6:15pm – 9:00pm

Where: Online via Zoom
Online sessions are interactive and have minimum requirements.

Cost: $45 per couple / $22.50 Concession

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

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