

Seeking and Keeping Your Next Relationship

West Leederville



Looking for someone to love – why is it so challenging? What if we have never had a serious relationship? Whether it is getting past first base, our reluctance to commit, or our ability to ‘make things work’; the challenges can sometimes seem insurmountable. What underlies all of this? Maybe we feel that no-one is good enough or even that we are not. So, when you meet someone, how do you work towards building and maintaining a fulfilling and loving connection with another person?

This 8-week course invites you to reflect on these questions and the following topics:

- What keeps us single? Explore the origins of some of our challenges.
- Understanding our relationship to ourselves and how this is related to our relationships with others.
- Gaining self-awareness to empower our relationship choices
- Exploring values as a way to influence our decisions.
- Cultivating love and maintaining intimacy

You will have the opportunity to examine the challenges and opportunities that being single and seeking love brings. There will also be the opportunity to discover new ways of ‘being’, and practical skills that will support you in your quest.

This is a course specifically designed for people who are currently single. It is not for those still processing the emotion from more recent relationship breakdowns and we do suggest ‘Rebuilding after Separation’ for those participants.

When: Tuesdays 7 14 21 28 May 4 11 18 25 June 2024
Time: 6.30pm to 9pm
Where: WEST LEEDERVILLE – Level 1, Southport St
Cost: \$150 per person



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

Relationships Australia
WESTERN AUSTRALIA