

# Communication in Relationships

In relationships, effective communication is the avenue through which people express their wants and needs, listen to others to understand and get along overall. Communication is always a two-way process – both sender and receiver need to be actively involved. This session covers the basic principles for communicating with those around you to gain clarity and achieve respectful relationships.

This session looks at:

- components of communication, both verbal and non-verbal
- barriers and roadblocks – why communication can break down
- new skills in communication which include a shift in attitude
- problem solving techniques and opportunities to practice them.

This is an excellent introduction to understanding basic communication.

It is recommended that participants and couples, who want to learn more, enroll in our longer courses, such as the six-week course, **Communicate Effectively**, and/or the eight-week course for couples, **Building Better Relationships for Couples**.

**Where:** WEST LEEDERVILLE - Level 1, 22 Southport Street  
**When:** Tuesday 2 February 2021  
**Time:** 6.30pm - 9.00pm  
**Cost:** \$30 per person

**Bookings are required. Please phone 6164 0200 to enrol.**

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

*Relationships Australia.*