

# Starting Together, Staying Together

## Online via Zoom



A relationship begins with love, exploration, and positive hopes for the future. Being in a new relationship is an exciting time for couples. For many, thoughts of a life together become focused on wedding plans, and new homes, with many hours of preparation to ensure that these elements are as close to perfect as possible. However, this can mean that the focus is often taken away from the elements that are essential to building strong foundational bonds that are essential for a lasting, resilient, and stable relationship.

This course has been designed to bring the focus on where it needs to be, in helping you to identify attitudes and develop the skills that will help a couple starting their life together develop strong foundational relational bonds that help a couple stay together particularly when times become difficult.

### **This course aims to help you:**

- Strengthen your emotional bond and sense of closeness
- Prioritise meaningful time and what truly matters to your relationship
- Understand and meet both individual needs and couple needs
- Communicate with clarity, empathy, and confidence
- Build relationship resilience as a team and stay connected even through differences

**When:** Wednesday 11 18 25 March & 1 April 2026

**Time:** 6.15pm to 9pm

**Where:** Online interactive via Zoom

**Course Cost:** \$100 per couple, \$50 concession

Online sessions are interactive and have minimum requirements



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

*Relationships Australia*  
WESTERN AUSTRALIA