

Relationships Australia

BUILDING BETTER RELATIONSHIPS

A course for couples

- PLACE:** Relationships Australia, Spring Hill
159 St Paul's Terrace Spring Hill Qld 4001
(corner of Warren Street)
- DATES:** Monday 6 February - Monday 26 March 2012
- DURATION:** 8 consecutive weekly sessions
- TIME:** 6.00 pm - 8.30 pm
- COST:** \$280 per couple for the full course

NUMBERS ARE LIMITED TO 7 COUPLES.

BOOK EARLY TO AVOID DISAPPOINTMENT.

Please phone 1300 364 277 or book at Reception.

Relationships Australia

Who is the course for?

This course is for couples who are married or living together in a committed relationship, or couples who are going out together.

It is for relationships at any stage, from just getting started to well established. It is for those who feel that things are not so good, as well as those who feel that things are good but could be better. Participants range from those wishing to establish a strong new relationship to those who wish to improve, enrich, or restore their relationship.

This course is not for couples in serious crisis. Counselling is available by phoning the same phone number below.

What can I expect?

This course is based on work by researchers such as Kim Halford in Queensland and John Gottman in the USA. Thirty years of study have enabled researchers to identify the vital elements of successful relationships. So this course is very positive. Our own research shows that 95% of participants found their relationship improved during their course.

Through group interaction and couple discussion, you will explore a variety of ways to prevent or resolve conflict. Skilled presenters (usually one man and one woman) create a safe and supportive environment, where you share with others only what you are comfortable to share. The group is always kept to below 16 participants.

What will be included in the course?

- Making time to nurture your couple friendship
- Exploring your family of origin and creating your own couple vision
- Communication skills for listening and speaking
- Conflict skills and managing differences
- Exploring less solvable or hidden issues
- Planning ahead for ongoing change

What have past participants said about the course?

“This course has been fantastic, well structured and informative.”

“I’m so glad we came. I gained insight into my own behaviour, and I didn’t feel judged.”

“The calm facilitation made the confronting parts of our learning possible to get through.”

“The facilitators were approachable and professional, with the right amount of humour, and group activities were fun. Thank you for your time and energy.”

Enrolment Information

The course will run over **eight** consecutive weekly sessions. Each session will be 2.5 hours long, from 6pm – 8.30 pm. The full cost is \$280 per couple, to be paid at the first session. Refreshments are included, plus course materials to take home with you.

The course will be held at: **Relationships Australia
159 St Paul’s Terrace, Spring Hill Qld 4001 (corner of Warren Street)**

Phone: 1300 364 277 Email: generalenquiries@relateqld.com.au

Website: www.relationships.com.au

(Relationships Australia offers other courses too, for example Stepfamily Realities and Relationship Matters.)