

Healthier Relationships: Communication



Feel misunderstood or that people don't listen to you?

Want to improve your communication skills and to develop healthier relationships?

WHAT'S THE COURSE ABOUT?

Healthier relationships: Communication gives you new skills to create positive and constructive ways of communicating. Reflect on how we communicate and develop strategies for building positive relationships.

WHAT CAN YOU EXPECT?

Through information sessions, practical exercises, group discussions and brainstorming we will explore:

- The stresses that arise when good communication is missing in relationships
- Listening to others and taking on board what they are saying
- Communication styles

WHAT WILL YOU LEARN?

- Develop ways to reflect on how you communicate
- Explore strategies to open up dialogue with others that can lead to positive outcomes
- Managing your emotions in a difficult conversation
- How to communicate what you feel and need

“...good relationships are not just about knowing when to fight and how to patch things up. We also need humor, affection, playing, silliness, exploration, adventure, lust, touching—all those positive emotional things that we share with all mammals”

John Gottman

WHAT PEOPLE ARE SAYING ABOUT THE COURSE

“I really liked the information, advice and examples presented. I liked interacting with people in the course and doing exercises with them to put the concepts into practice. I like the brainstorming sessions that help us really think and draw specific examples from our lives. I liked sharing and hearing others share their stories.”

“All was useful and beneficial, helped break through old walls and boundaries.”

“Learning new ways to communicate with my partner and just owning the way I feel and how to come to an agreement.”

This workshop runs for one day.

COST: \$15 (includes lunch)

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer.

CONTACT:

Bookings are essential

For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday (07) 5524 8711 or ask at reception.

For more information on the course program go to www.thefamilycentre.org.au

Child minding is available upon request.