



Better Relationships

Finding a healthier way to communicate, connect and thrive.

Relationships require regular tuning to help couples stay connected, assist each other in understanding differences, and manage conflict while continuing to cooperate as a team.

The aim of the Better Relationships Workshop is to encourage participants to identify strengths in their relationship while fostering attitudes of respect, trust and positive partnership communications.

Over the course of four weekly sessions facilitated by an experienced family relationship practitioner, this interactive program will encourage participants to learn, develop and practise positive relationship skills in a supportive group environment.

Topics include:

- Building trust, commitment and emotional closeness.
- Re-discovering and focusing on the positive in your partner.
- Understanding and managing conflict.
- Creating shared meaning, life goals and dreams.
- Sharing appreciation and fondness for each other.

Investing a few hours now, will support improved well-being for yourself as an individual, as part of a couple, and for the benefit of your whole family.

Best suited to:

All couples - same sex and heterosexual, long term de-facto or married, new, engaged or starting again, later in life couples.

When:

The workshop runs across four Thursday evenings

Wednesday 22nd August 7pm to 9pm

Wednesday 29th August 7pm to 9pm

Wednesday 5th September 7pm to 9pm

Wednesday 12th September 7pm to 9pm

Light refreshments provided.

Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

Cost:

\$390 per couple (\$350 concession)

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au
Email heartlinks@familylife.com.au or call (03) 8599 5488