

Fostering positive and meaningful relationships:

- We aim to foster a culture which encourages the pursuit of quality and meaningful lives through quality and meaningful relationships.
- Helping individuals recognise that they have the potential to be the experts in shaping their lives and in maintaining fulfilling and meaningful relationships also reduces the cost of family breakdown.

Family Relationships Institute Inc.:

- provides couples workshops which are non-threatening, in a comfortable environment
- provides services to people regardless of social, cultural, religious or economic circumstance.

The Couples One Day Workshop is designed for **ALL couples in a committed Relationship**



Head Office Location

Coburg

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www.relatewell.org.au

The Family Relationships Institute Inc. delivers programs and services throughout metropolitan Melbourne.

About Us

The Family Relationships Institute Inc. is a not-for-profit community educational organisation providing a range of family and relationship support services including relationship and parenting education courses; individual, couple and family counselling (including children); and mediation at significant life stages. Our programs and services are funded by the Australian Government Department of Social Services (DSS).

Contact Us

For more information or bookings, call 03 9354 8854 or email relate@relatewell.org.au

To keep up to date with current programs and services, visit us at www.relatewell.org.au

Keep in touch with us on [facebook/Family Relationships Institute Inc.](https://www.facebook.com/FamilyRelationshipsInstituteInc) or subscribe to our e-newsletter.

RelateWell programs and services are part of the Family Relationships Institute Inc.



RelateWell Courses



"Let's Keep It Alive" Couples Workshop

What is in it for me?

Reconnecting with a different perspective

All relationships go through various life transitions and the passing from one significant life stage to another stage often presents as a crisis.

On average, couples wait for an issue to manifest itself or escalate before getting any professional assistance for their relationship.

We aim to instil through our workshop experience that an event or issue is not a disaster but a **turning point** in your relationship which needs to be supported.

Our couples workshop will promote quality and meaningful relationships and is designed to strengthen your relationship / marriage:

- If you feel that you already have a strong relationship, this workshop will provide you with insights and skills to take it to the next level.
- If you feel your relationship is suffering and are in need of some assistance, this workshop is for you and your partner.
- Everything that happens in a relationship has meaning and purpose. The strength of a relationship is measured by the amount and quality of sharing and support partners receive from each other which enables them to meet their individual needs.

Come and discover the meaning of what is going on in your relationship.

How healthy is your couple relationship?



What you will learn:

At the workshop, you will learn how to:

- Reconnect with a new perspective
- Connect through improved communication
- Learn the tools to handle conflict constructively
- Reduce stress
- Balance responsibilities within the couple relationship and the family

A lively day of discussion, contemplation and fun

Locations:

Bentleigh East

Bentleigh Bayside Community Health,
Gardeners Road, Bentleigh East

Box Hill North

Burgess Family Centre,
15 Barwon Street Box Hill North

Coburg

RelateWell Centre,
Suite 102, 398 Sydney Road Coburg