

# Communication in Relationships

*Do You...* Sometimes find it difficult to communicate in your relationship?

*Would you...* Like some ideas to help this improve?

*If so ...* This course is for you!

At Relationships Australia, we realise that communication is much more than imparting information or seeking answers. In relationships, effective communication is the avenue through which partners connect, thus enhancing intimacy.

Communication is always a two-way process – both sender and receiver need to be actively involved.

## *This workshop will discuss*

- Components of communication – both verbal and non verbal
- Barriers and Roadblocks – why communication can break down
- New skills in communication which include a shift in attitude
- Problem solving techniques and opportunities to practice them

*When:* Wednesday 6<sup>th</sup> April 2022  
6pm to 8.30pm

*Where:* Bunbury Family Relationship Centre  
Corner of Molloy and Symmons Streets Bunbury  
(Access from Symmons street)

*Cost:* \$30pp

***Places are limited - book early to avoid disappointment.***

To book online, scan this code or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au).

Alternatively you can contact (08) 6164 0566 or email [Bunbury.Education@relationshipswa.org.au](mailto:Bunbury.Education@relationshipswa.org.au) to register today

