



Our mensplace service aims to support men in addressing relationship and family issues. They may be single, partnered or separated. Developed and presented by experienced male facilitators, our courses are delivered in a comfortable and safe setting.

A variety of courses are offered and we also have a broad selection of other programs and topics, or we can customise programs to meet the needs of specific organisations or situations.

## Pit Stop

### A Parenting Tune-up for Fathers

Dads play an essential role in raising their children. This 8 week course is engaging, fun and above all, practical. You'll leave each week with new tools and skills as well as a better understanding of how to be the best dad you can be for your sons and/or daughters, whatever their ages. Join a group of Dads in a friendly, non-threatening atmosphere getting tuned up together.

**Fee:** \$130 per person

**Time:** 6.30 - 9pm

**Dates:** Tue 2, 9, 16, 23, 30 May, 6, 13, 20 Jun  
West Leederville

## Anger Management

This eight week course is for men who have difficulty managing their anger. The group learns how to understand anger and reduce its harmful effects by developing new skills week by week through practice and group interaction. This course is not suitable for men where domestic violence is an issue.

**Fee:** \$130 per person

**Time:** 6.30 - 9pm

**Dates:** Tues 7, 14, 21, 28 Feb, 7, 14, 21, 28 Mar  
West Leederville

Tues 7, 14, 21, 28 Feb, 7, 14, 21, 28 Mar  
Midland

Tues 2, 9, 16, 23, 30 May, 6, 13, 20 June  
West Leederville

Wed 3, 10, 17, 24, 31 May, 7, 14, 21 June  
Fremantle

To enrol or for more information on any of these courses please call 6164 0290  
or email us at [mensplace@relationships.wa.org.au](mailto:mensplace@relationships.wa.org.au)

Relationships Australia also runs a range of courses and seminars on a wide range of relationships topics.  
To find out more visit [www.relationships.wa.org.au](http://www.relationships.wa.org.au)

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## Introduction to Managing Anger- A Workshop for Men

Is anger controlling you? Then this weekend workshop will give you a deeper understanding of why that might be and some skills that will help you take the control back. Suitable for those unable to attend the 8 week Anger Management course due to work commitments (ie. FIFO or those living outside the metro area). This short course does not replace the 8 week course.

**Fee:** \$95  
**Time:** Fri: 6.30 – 9pm  
Sat: 9.30 – 4.30pm  
**Dates:** Fri 31 Mar & Sat 1 Apr.....West Leederville  
Fri 5 & Sat 6 May.....Midland  
Fri 9 & Sat 10 June.....West Leederville

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## Fathering after Separation

It's important for fathers to distinguish between their parenting role and their relationship break-up. This seminar, held in a male-friendly environment, suggests helpful ways to keep in touch with your child, to build skills and to recognise strengths and challenges.

**Fee:** \$30 per person  
**Time:** 6.30 – 9pm  
**Dates:** Tues 4 Apr.....West Leederville

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## Sex and Intimacy: His Needs Her Needs

Intimacy is a crucial element in building a healthy relationship and a satisfying sex life with your partner. In this workshop you will discover how to break through the common barriers men experience when attempting to build a stronger sense of togetherness. (This workshop is free to those who have attended the Anger Management for Men course.)

**Fee:** \$30 per person  
**Time:** 6.30 – 9pm  
**Dates:** Tues 27 June.....West Leederville

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## Dads Raising Girls (under 12 years)

Find out how to build a rewarding father-daughter relationship. As the primary male role model in a girl's life, Dads play an important role in the development of their self-concept and self esteem. This can often affect how their daughters relate to others, particularly to boys and men.

**Fee:** \$30  
**Time:** 6.30 – 9pm  
**Dates:** Wed 8 Feb.....West Leederville  
Wed 26 Apr.....West Leederville

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## Dads Raising Teenage Girls

For teenage girls, a father's support and love are extremely important. This workshop helps Dads understand the changes occurring in their teenage daughters and shows ways to help them navigate this difficult time and encourage them to make good choices.

**Fee:** \$30 per person  
**Time:** 6.30 – 9pm  
**Dates:** Wed 29 Mar.....Joondalup

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## Dads Raising Boys (under 12 years)

For a boy a close relationship with his father is like gold. A father can be an anchor for a son. A dad models behaviours that shape who they become as an adult. This workshop for dads will assist in building their son's self-esteem, healthy identity and resilience as well as managing challenging behaviours.

**Fee:** \$30 per person  
**Time:** 6.30 – 9pm  
**Dates:** Wed 29 Mar.....Fremantle  
Wed 28 June.....West Leederville

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## Dads Raising Teenage Boys

Raising teenage boys can be challenging but there can also be exceptional times of fun and closeness. This workshop is designed to assist fathers and father figures navigate their way through the teen years so as to help build positive relationships and strong, positive young men for the future.

**Fee:** \$30 per person  
**Time:** 6.30 – 9pm  
**Dates:** Wed 5 Apr.....Fremantle

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## Courses & workshops recommended for both men and women

### Communicate Effectively

This six week course covers all areas of communication including attitudes, listening, and speaking skills, as well as conflict resolution. Healthy relationships, whether at work or at home, are created by individuals who communicate clearly and effectively.

**Fee:** \$110 per person  
**Time:** 6.30 – 9pm  
**Dates:** Mon 13, 20, 27 Feb, 13, 20, 27 Mar  
West Leederville

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### Understanding Angry Emotions

This seminar helps to raise awareness of our emotions and is a good introduction to our eight-week Anger Management course.

**Fee:** \$30 per person  
**Time:** 6.30 – 9pm  
**Dates:** Mon 24 Apr.....West Leederville

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## Express Yourself Assertively

You may be a good communicator, but isn't there always room for improvement? Asserting yourself effectively gives you the edge in improving communication.

**Fee:** \$30 per person  
**Time:** 6.30 – 9pm  
**Dates:** Mon 24 Apr.....West Leederville  
Tues 13 June.....Midland

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## Setting Healthy Boundaries

In order to experience satisfying connections with other people – whether family, work colleagues or love relationships – we need to set healthy boundaries. This seminar looks at the difference between healthy and unhealthy boundaries and teaches skills that help with good boundary setting.

**Fee:** \$30 per person  
**Time:** 6.30 – 9pm  
**Dates:** Wed 5 Apr.....West Leederville

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## Seeking and Keeping your next Relationship

Just looking for someone to love – isn't it supposed to be simple? Why do we keep choosing the wrong person or why are we reluctant to commit to someone even if they seem to 'tick all the boxes'? And how do you hold onto someone for the longer term? This course aims to examine some of these things.... the tricky business of being single and seeking and keeping love. This is a course specifically designed for people who are currently single.

The course is not for those still processing the emotion from more recent relationship breakdowns and we do suggest 'Rebuilding after Separation' for those participants.

**Fee:** \$130 per person  
**Time:** 6.30 – 9pm  
**Dates:** Mon 1, 8, 15, 22, 29 May, 12, 19, 26 June  
West Leederville

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## All about Anger- For Parents and Teens

This workshop for parents and teens has been designed to support families where anger is an issue. Anger is explained in a way that challenges our labelling of 'an angry person' and instead helps us to understand that many of us have simply learnt to react to the emotion of anger in unhelpful ways. The workshop includes some simple skills to help you respond more positively when anger shows up.

Fee: \$50 per family

Time: 6.30 – 9pm

Dates: Wed 5 Apr ..... West Leederville  
Wed 28 June..... West Leederville

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## Successful Single Parenting

People become single parents through a range of life choices and circumstances. Single parenting is different in many ways compared to a two parent household and can have its difficulties and challenges. Whatever the challenges it is important to live your life in ways that show your children you are happy. This will help them accept and value their lifestyle.

If you are a single parent and are through that initial break-up stage, this course will provide strategies that will help you develop a close and special relationship with your child.

Fee: \$30 per person

Time: 6.30 – 9pm

Dates: Wed 8 Feb.....West Leederville  
Wed 5 Apr.....Joondalup

## The 'Rock and Water' Program

### (Suitable for 8-12 years)

The 'Rock and Water' Program for the family is facilitated by an accredited Rock and Water trainer. This activity-based program builds on the complementary strengths of 'rock' and 'water'. One is firm and assertive whilst the other is flexible and willing to cooperate. We encourage fathers, mothers, daughters and sons to spend a Saturday morning together examining their emotional connections with each other whilst learning new skills to strengthen family ties.

*Note: due to the nature of activities there is room for only one child/adolescent per adult.*

Fee: \$70 per pair

Time: 8.30am – 12.30pm

Dates: Sat 1 Apr ..... West Leederville  
Sat 24 June ..... West Leederville

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## Rebuilding After Separation and Divorce

Do you need to move on after a relationship ends? This comprehensive eight week course helps you explore your feelings and find positives to empower you. Topics include loss and grief, expressing anger without damage, self esteem and finding fresh horizons.

Fee: \$150 per person

Time: 6.30 – 9pm

Dates: Tues 7, 14, 21, 28 Feb, 7, 14, 21, 28 Mar  
West Leederville  
Wed 3, 10, 17, 24, 31 May, 7, 14, 21 June  
West Leederville

*Included in this course is a copy of Dr Bruce Fisher's book 'Rebuilding When Your Relationship Ends'*

To enrol or for more information on any of these courses please call 6164 0290  
or email us at [mensplace@relationshipsqa.org.au](mailto:mensplace@relationshipsqa.org.au)

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To find out more visit [www.relationshipsqa.org.au](http://www.relationshipsqa.org.au)