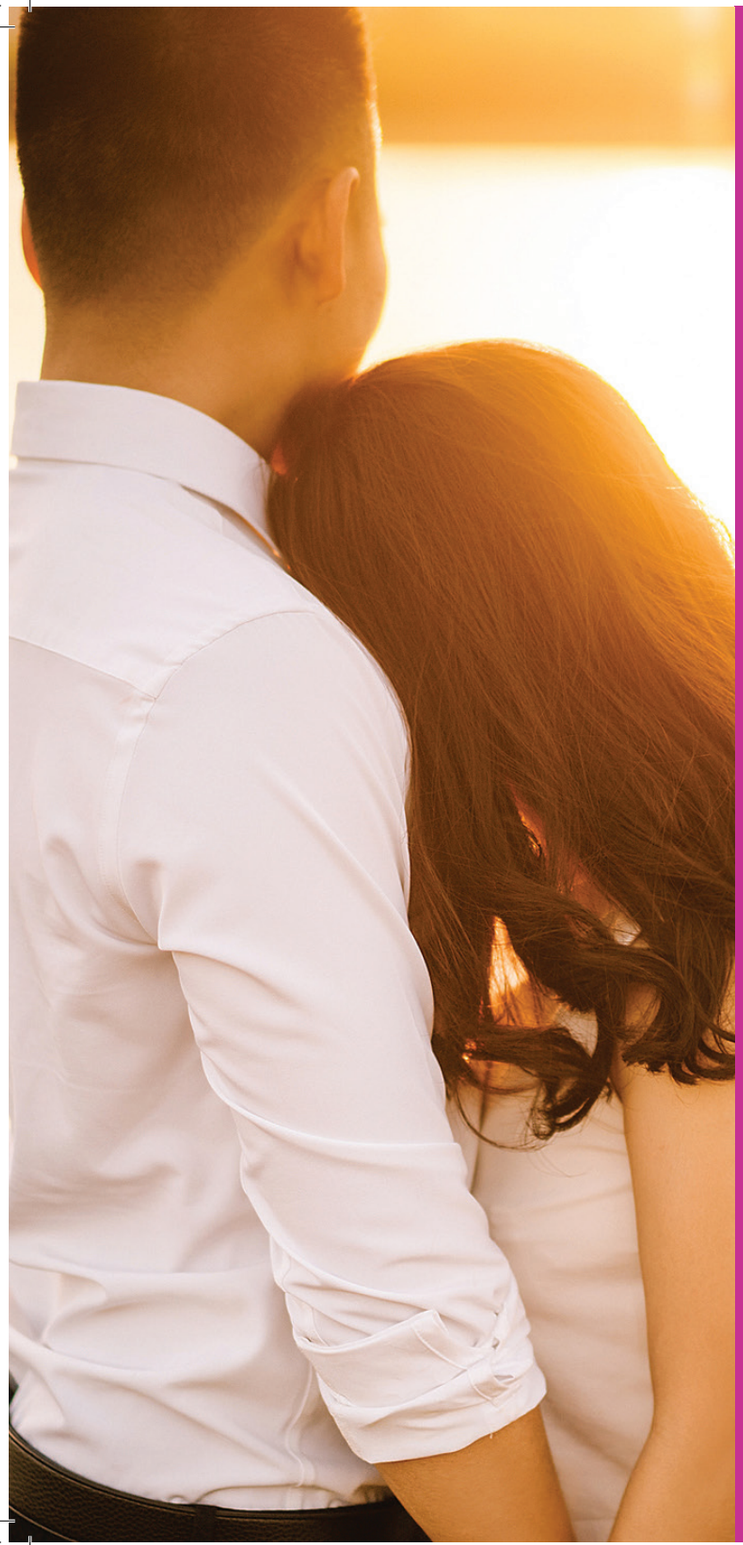

Contact Us

To register and secure your booking or to make an enquiry please contact us.

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SUPPORT

Healthy Hearts, **Healthy Homes**

Strengthening and enhancing relationships

What is Healthy Hearts, Healthy Homes?

Healthy Hearts, Healthy Homes is a short, one session relationship workshop. It is suitable for individuals and couples who want practical ways to improve key relationships in their life.

This workshop is designed to enhance and build strong relationships through practical and hands on application.

We acknowledge that the modern pace of life, technology and the work/life balance can affect the way we manage our relationships.

This can lead to less opportunities to connect which can result in feelings of isolation, increased conflict and misunderstandings in our key relationships.

WE WILL COVER A BROAD RANGE OF TOPICS SUCH AS:

- Communication
- Conflict Management
- Improving the friendship base
- Emotional Safety

The workshop is provided by experienced and qualified Family Relationship Counsellors from AnglicareSA. The principles presented are based on current relationship research.

The workshop is INFORMAL, FUN and INFORMATIVE.

Refreshments are provided.

YOU WILL LEARN TO:

COMMUNICATE RESPECTFULLY

- Listen and communicate in a more effective manner.

EXPLORE WHAT YOU CAN DO TO CALM DOWN

- Become aware of how you can manage emotional overload, practise self-soothing and calm anger.

MANAGE CONFLICT WHEN WE ARE OVERLOADED

- Address our own views or perspectives. Learn to place strategies that improve the way you manage conflict.

IMPROVE THE FRIENDSHIP BASE

- Further develop friendship and appreciation in the relationship.