LifeWorks’ relationship coaching programs and seminars focus on building positive, healthy relationships and are suitable for individuals, couples and parents of children of all ages and family circumstance. They provide a range of practical strategies and research based content and are facilitated by experienced relationship educators.

Programs are offered in several formats including weekly sessions, short seminars, online or more intensive blocks of time, usually conducted on a Saturday.

In some cases they can be designed and delivered face-to-face or online in an individualised format and customised to suit specific needs.

For the full range of programs visit www.lifeworks.com.au

Concessions and Exemptions: LifeWorks offer concessions on program fees for eligible participants. Please contact the Relationship Educator at your branch to discuss further.

Observation: Occasionally LifeWorks’ programs are observed as part of staff training. If you have any concerns about an observer in your program, please discuss these with the co-ordinator prior to attending.

Cancellation Policy: In the event of a program cancellation, participants will be transferred to the next scheduled date or issued with a refund. If a participant cancels their enrolment more than 7 days prior to the program start date, a transfer or refund (less 20% administration fee) will be organised. No refunds will be issued for cancellations made within 7 days of the program date.

Where to Find Us
LifeWorks Relationship Counselling and Education Services operate throughout metropolitan Melbourne and regional Victoria.

Melbourne City
Level 4, 255 Bourke Street, Melbourne 3000
T 8650 6200

Frankston
345 Nepean Highway, Frankston 3199
T 9783 7611

Wyndham
1 Johnson Avenue, Hoppers Crossing 3029
T 9974 3200

Wangaratta
39 Ovens Street, Wangaratta 3676
T 8650 6200

Also located in: Prahran, Preston, Ringwood, Moonee Ponds, and Geelong.

How to Contact Us
For more details or bookings, please call
T 03 8650 6200 or 1300 543 396

You can also register online or via email
W www.lifeworks.com.au
E lifeworks@lifeworks.com.au

Connect With Us
To stay up-to-date on all LifeWorks’ programs you can find us on facebook and twitter or subscribe to our email updates at www.lifeworks.com.au

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We’re Getting Committed!
LifeWorks has a range of programs ideal for couples about to marry, considering moving in together or taking the next step in their relationship. Relationship education is about building on existing relationship skills and learning new skills that will assist in the creation of a happy, healthy and committed relationship.
Programs available include:

‘Prepare-Enrich’ Committed Couples
Designed for couples wanting to focus on relationship skills in a private setting with a professional facilitator. Particularly well-suited for couples preparing for marriage.

Committed Couples Group Session
Designed for committed couples ready to take the next step in their relationship. Conducted as a vibrant and interactive group learning experience. This session includes time for couples to also work independently.

Communication Skills for Couples
This program focuses on providing a range of practical skills that will enable couples to actively listen to and engage with each other.

Refresh and Renew
Rejuvenate our Relationship
Rejuvenate our Relationship offers the chance to take time out, reconnect, develop new skills and take your relationship to a new level. This program is suitable for all couples at any life stage.

Please note, this program is not suitable for couples where violence, intimidation, addiction or mental health issues are unaddressed.

Relationship Skills Coaching
Sometimes we need to learn new personal skills before we can engage more positively with those around us. LifeWorks offers individual group and private education programs that focus on communication skills, emotional well-being and developing respectful relationships.
Programs available include:

Assertiveness Coaching - Confident Communication for Men and Women
Learn how to find your voice, express yourself respectfully and communicate better in all relationships, both at home and in the workplace.

SEA Change - Anger Management for Women*
Find healthier ways to communicate. A group program offering women practical strategies on how to recognise the triggers of anger, manage responses and improve emotional well-being.

Roadworthy for Dads*
Designed to help fathers develop tools to communicate and engage with their families, and enhance their parenting style.

Rebuilding and Moving On
Moving on when a relationship ends can be a challenge. This program provides space to acknowledge your past and strategies to approach the future with more confidence and self-esteem.

Relationships In Transition
Relationships can change as we transition through significant life stages and experiences. These times can be challenging individually, as a couple or as a family. LifeWorks provides a range of programs to support you through these times.
Programs available include:

Bringing Baby Home - Partners to Parents
What happens when we become three? Explore the transition to parenthood, good communication and learn about shared family values.

Bringing Up Great Kids
An interactive program for parents of pre and primary school aged children aimed at enhancing communication and encouraging development of children’s positive self identity.

Keep Calm and Parent On!
A practical course that explores the triggers of anger and strategies to manage responses in a calm regulated manner. Suitable for parents with children of all ages.

Blending Families - Making Step Families Work
This interactive program is for couples in the process of forming blended families or already living together as a step-family. It explores their experiences and challenges and offers resources and practical advice on how to blend families.

Parenting After Separation*
A group program that explores how to adapt to parenting after a separation and how to manage some of the unique challenges, such as parenting from a distance, conflict with your former partner and children’s reactions and responses.

*Please Note: An intake interview and assessment session is required prior to entry into this program.

Program Schedule and Bookings
For more information on LifeWorks’ program schedules or to register online please visit www.lifeworks.com.au for bookings and details.