

# STEP FAMILY REALITIES

A seven week course designed for:

- **Step parents looking to improve their step family relationships**
- **Couples or individuals who are considering forming a new stepfamily**

This course is run by two experienced facilitators who create a safe, supportive and interactive learning environment.



The course was very effective, with good pace and energy. It really saved our family



## WHAT WILL THIS COURSE COVER?

- Identifying your expectations about step families
- Exploring stages of your journey, from fantasy or confusion to stability or commitment
- Seeing each person's point of view in your family – including caring for yourself
- Nurturing your relationship skills and the role of both the biological and step parent
- Developing positive communication and discipline techniques with creative, cohesive approaches
- Creating family traditions that include each member of the step family
- Managing your relationships with ex-partners and extended family.

### WHEN

Mondays, 18 Feb - 01 Apr, 2019  
6.00pm - 8.30pm  
(7 consecutive weeks)

### WHERE

Relationships Australia  
159 St Pauls Terrace  
Spring Hill. Brisbane. QLD. 4000

### BOOK

Spaces are limited, please book early to secure a spot.

### COST

\$260 per couple, \$140 per individual  
(concessions available).

### REGISTER

Call 1300 364 277.