



Loving, Living Relationships!

**Unhappy relationships destroy a person.
Happy relationships bring mental and physical health -
at home, with friends, and at work.**

Learn how to gain insight and understanding to enjoy and maintain happy productive relationships.

**Session 1: How Relationships Develop Over Time:
Conception to Adulthood**

**Session 2: The Games People Play:
The Power Triangle & Defense Mechanisms**

**Session 3: Building Healthy Relationships:
Communication Skills & Setting Boundaries**



Janifer Skues is a professional Health Psychologist. Her presentations are informative and enjoyable. Plan to come and be inspired by her exciting and practical information about creating healthy relationships with everyone we are in contact with.

Venue: Steps to Life, 15 Industrial Park Dr., Lilydale 3140
Dates: Sunday, May 1, 10 am - 3 pm
Registration Fee: \$24 - Free optional lunch provided, indicate on registration
Bookings Essential: 03 9739 4093 RSVP by Friday April 22.
Cancellation: No refund given unless notified by April 22.
Website: www.steps.org.au