



Dave Warrener from Relationships Australia Aboriginal Cultural Connections and Belinda Howard from TAC invite you to a workshop on:

# Healthy Relationships

*We go through life trying to juggle all the moving parts – our careers, homes, social and children’s activities, health and fitness. As a result sometimes we forget to take care of our most important asset, our relationship.*

*It is important to take stock now and then to think about our key relationship – the one you share with your partner.*

The workshop will provide participants with additional skills to:

- Understand what a healthy relationship is?
- Understand cultural difference in a relationship; the impacts it can have on a relationship and strategies to deal with cultural difference
- Identify behaviour types that are effective and positive in constructive communication

**Date**      **Wednesday March 15<sup>th</sup>**

**Time**      **11.30am – 1.00pm**

**Venue**     **TAC Training Room**

**Lunch will be provided**

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