



# Talking Together & Fighting Fair

Conflict is a normal part of any relationship, however it is how conflict is managed that really counts.

This six-session program will assist couples to communicate more effectively and avoid misunderstandings, even about difficult topics.

## Couples will develop the skills to:

- express concerns in a helpful and constructive way
- reach an understanding of each other
- communicate clearly about important issues
- deal with differences of opinion more easily and more effectively
- identify differences which cause conflict
- manage conflict constructively
- resolve conflict when emotions are running high
- make decisions and negotiate outcomes which are satisfactory to both partners

**Date:** 28 Jul | 4 Aug | 11 Aug | 18 Aug |  
25 Aug | 1 Sep

**Venue:** Caringbah Interrelate:  
383-385 Port Hacking Rd, Caringbah

**RSVP:** Ali 8522 4408

**Cost:** \$150 per  
couple