



Improving Relationships by Identifying Strengths and Struggles

Individual and Family Support Services

This eight-week women's group aims to improve your relationships skills through enhanced understanding of yourself and others. As this approach helps you become more aware of your own reactions and the reactions of others, it results in significant behaviour changes that stem from improved self-understanding, connection, and communication.

The group will be facilitated by Salima Omelczuk, Case worker, IFSS program and Dr Dhyan Stein (PhD Psychology), Psychotherapist and Mental Health Social Worker.

BOOKINGS DETAILS

 Please call or text Salima on 0423 346 791



DATES

Mondays
Commencing from:
10 February 2025



TIME

10.00am - 12.00pm



LOCATION

Communicare
28 Cecil Avenue
Cannington



COST

Free



CRECHE

Unavailable.

Supported by



The Individual and Family Support Service is funded by the Government of Western Australia Department of Communities