



Building better relationships

This is a **couples only group program** that can help you rediscover what's important in your relationship, and rebuild a relationship with your partner.

Topics include:

- focus on what works well to strengthen your relationship
- understanding emotions behind your partner's life dreams
- managing conflict positively and adopting a positive perspective.

Who can attend:

Current and ex-serving ADF members, partners, adult children.

Registration closes:



Find out more or register your interest by contacting Open Arms – Veterans and Families Counselling on **1800 011 046** or visit **www.openarms.gov.au**.