



# Building better relationships

**9:30am - 4:00pm**  
**4 - 6 September 2024**  
**Melbourne, VIC**  
**3 Day Program**

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: 19 August 2024**



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](http://www.openarms.gov.au)**.