HEALTHY DARWIN

2026-27 Wet Season
Healthy Lifestyle
Workshops & Short Courses

Stronger Together Workshops

Stop the Fighting! Practical Relationship Skills for Couples and Families

Every relationship has its disagreements, but how you handle them can make all the difference.

Whether it's recurring arguments with your partner or squabbles amongst your children, this workshop explores the patterns that can fuel conflict and the skills that can help break them.

Learn and try strategies to communicate more effectively, manage disagreements, recover from ruptures and work towards solutions together.

Strong Minds

Saturday 09 January 10:00am - 11:15am
Casuarina Library Community Room
17 Bradshaw Terrace, Casuarina

★ **Bookings required!**
Host: Laura - Strong Minds Counselling Services
E - laura.strongminds@gmail.com
P - 0490 920 329

To find out more about this activity, contact the host directly.

Only $10 per adult!



To find out more about Healthy Darwin:
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