

Building relationships for a thriving family



Let's explore how to foster positive family outcomes through relationship health

The strength of relationships sits at the heart of every interaction or exchange.

One of the most important relationships we have is with our partner, and sometimes we need to reconnect. It can be challenging to navigate the complexities of life yet not lose sight of the vision we hold for ourselves, our relationships and our family.

A healthy relationship with our partner leads to better family outcomes because when we as parents thrive, everybody thrives. This requires communication, but how well do we know the layers of connection needed?

This workshop will guide you to renew, refresh and perhaps rediscover connections for a stronger relationship. It focuses on a positive approach to helping your family flourish as you and your partner move towards your goals.

Come along to discuss and explore:

- The power of reflection to gain clarity about what's important for you
- The key areas and importance of having a connected vision
- The Relationship T.H.R.I.L.L.S. framework

Secure your spot now

Cost

Free

Date and time

Wednesday 4 June

7.30pm to 9.00pm EAST/NSW time

[Please adjust for your time zone if necessary.](#)

Location

Online via Zoom

This session is for

Parents, primary carers and family members of children aged 0-12 year

More information

For more information see the event page or feel free to email Mana (Parent Learning Manager) mana@plumtree.org.au

The 'Let's talk about..' sessions are designed by families for families to discuss various topics and learn together. The sessions are facilitated by trained parent-peer workers raising a child with developmental delay or disability. Guest speakers might also be invited.

