

Loving Well

New Pilot Program

Healthy relationships are the foundation of our emotional well-being. Whether you're navigating friendships, family dynamics, or romantic partnerships, the quality of our connections deeply impacts how we see ourselves and the world around us. By understanding how relationships work—what strengthens them and what weakens them—we empower ourselves to build deeper trust, communicate more clearly, resolve conflict constructively, and express love in ways that truly resonate.



In this four-week course, you will learn how to identify healthy and unhealthy patterns, set boundaries, communicate effectively and build emotional resilience.

Each session explores essential themes, such as understanding relationships, values, self-awareness and managing change. You will also gain strategies for rebuilding your life after separation, communication styles and understanding "love languages", all designed to help you start new relationships with greater confidence, awareness and care.

Where & When

Wednesday 27 August, 3, 10, 17 September,
10am-12.30pm

Wollongong Office: 6 Regent St, Wollongong

How to Book

Please contact our dedicated intake team to complete your intake and book a spot.

02 4254 9395

intakeservice@catholiccare.dow.org.au

www.catholiccare.dow.org.au