



# Relating as Stepfamilies

**This three-session program assists couples to manage the demands of life as a stepfamily.**

It will assist parents to:

- examine the challenges and positives of stepfamilies
- examine personal beliefs and the effects of holding onto these
- highlight the losses stepfamilies have suffered
- recognise the importance of developing stepfamily rituals
- compare different communication styles

**Wednesday, 6:30 pm to 9:00pm**

**22 Feb, 29 Feb & 7 Mar**

**Cost: \$75 per couple**

Venue: Caringbah Interrelate

Address: 383 – 385 Port Hacking Rd, Caringbah

Bookings Essential – Phone 8522 4408