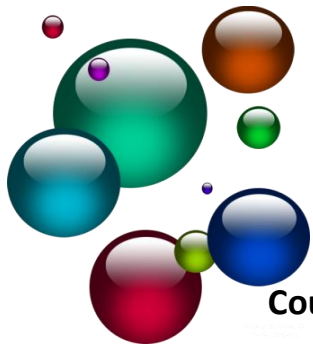


# UNDERSTAND OURSELVES IN RELATIONSHIP

Why not take some time out for yourself & try a short course to learn some new skills...?



*This course is a resource to help individuals or parents to understand themselves in relationship, & develop negotiation skills & techniques*

Course takes place over **4 weeks, 1 session per week from 10am to 12 noon.**  
**8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> March 2017.**

**Venue:** Springboard Community House, 20 Fairfield Meadows, Cork

## Session Outline

Session 1: Understanding relationship

Session 2: Dealing with difference

Session 3: Talking it out

Session 4: Working it out



**Certificate of Participation on full course completion**

If you are interested in taking part, please **contact Springboard** to book a place:  
Tel.: **Martina O'Shea** on 086 048 5575 or **Audrey Fennessy** 086 0430 794

Trainer: Mella Magee, Community Development Worker,  
CODAAP Project, Cork City Partnership