Family of Origin

For men and women

Most of us, at one time or another, say or do something in such a way that we think: ‘That’s just the way my Mum or Dad did it’! Everybody brings ‘hidden baggage’ into adult relationships from their Family of Origin – the environment in which they were raised. For most people, this is the biological family, for others, another family system. Some of these influences are conscious, many unconscious. Some of the attitudes and behaviour patterns included in this baggage need to be challenged and possibly replaced.

During this seminar you will explore:

- your Genogram, which maps core family relationships and thus provides a ‘big picture’ of the environment in which we spent our formative years
- attitudes and value systems handed down which to a large extent determine who we are
- family rules, customs and taboos
- how we learned to communicate, express anger, show affection and manage conflict
- positives received from family
- understanding what we bring into adult relationships, our expectations and desires.

Where: Relationships Australia, Lotteries House, Anzac Pl, Mandurah

When: Wednesday 30 March, 6.30pm to 9pm.

Fee: $25 per person ($12.50 for concession card holders)

Places are limited so book now on 9583 6090.