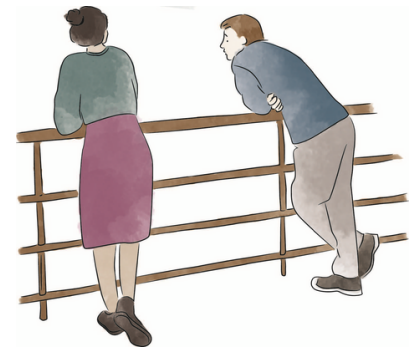


# Building relationships for a thriving family



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

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

A healthy relationship with our partner leads to better family outcomes because everybody thrives when we, as parents, thrive. 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 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

**Cost**  
Free

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### Date and time

Tuesday 10 December

7.30pm to 9.00pm\* EAST/NSW time

[\\*Make sure to adjust to your time zone](#)

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### Location

Online via Zoom

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### This session is for

Parents, primary carers and family members of children with disability, delay or developmental concerns aged 0-12 years

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### More information

For more information see the event page or feel free to email [mana@plumtree.org.au](mailto: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.

## Register your interest

[plumtree.org.au/event/lta-building-relationships-for-a-thriving-family/](http://plumtree.org.au/event/lta-building-relationships-for-a-thriving-family/)

