

7 PRINCIPLES FOR MAKING MARRIAGE WORK

COUPLES WORKSHOP

Strengthen relationship resilience while rediscovering intimacy, affection, and appreciation!

ABOUT

Struggling to communicate with your partner?

Feeling emotionally distant?

Having the same fights that don't ever seem to get resolved?

Local therapists are bringing to the La Grange area a couples workshop that teaches evidence-based principles and tools on how to make long-term relationships work.

WHAT WILL I LEARN?

- Conflict management skills
- Address perpetual and solvable problems
- Improve friendship, fondness, and admiration
- Enhance romance and intimacy
- Create a sense of shared meaning
- Maintain gains throughout lifetime

WHO SHOULD ATTEND?

- Pre-engaged, engaged, married, long-term partners
- Those wishing to enhance an already "good" marriage or relationship
- Gain conflict management skills
- Those considering couples therapy but are not "ready" for weekly therapy yet
- People of ALL backgrounds, ages, faiths and sexual orientations



WORKSHOP DETAILS

When:

November 8th 10:30am – 4:30pm

November 9th 11:30am – 4:30pm

Cost: \$750 per couple

Where: Linda Sokol Francis Brookfield Library – 3541 Park Avenue, Brookfield, IL

What's Included: 2 workbooks, 7 *Principles for Making Marriage Work* book, refreshments, & miscellaneous materials

Registration:

<https://forms.gle/8P3gVbxHmiFg2ZHi6>



the Seven
Principles for Making
Marriage Work

GOTTMAN LEADER

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