

Healthy Relationships for Couples

Family Outreach Center • 1:00-3:00 p.m.

This program is a series of 12 individual modules that train specific techniques and, although they can be taken as separate classes, are best taken together in the 6 week course schedule.

April 6, July 6, October 5

- The 3 Keys to Success: Learn the keys for healthy relationships.
- Personality: Avoid relationship pitfalls by understanding how different personalities see the world and what they value most.

April 13, July 13, October 12

- Danger Signs & Time Out: Negative patterns of communication can break down cherished relationships.
- Anger & Stress: Managing anger and stress is an important part of maintaining happy and healthy relationships.

April 20, July 20, October 19

- Speaker Listener Technique: This technique helps couples address difficult topics respectfully.
- Events, Issues & Hidden Issues: Strategies that will help couples move past superficial arguments.

April 27, July 27, October 26

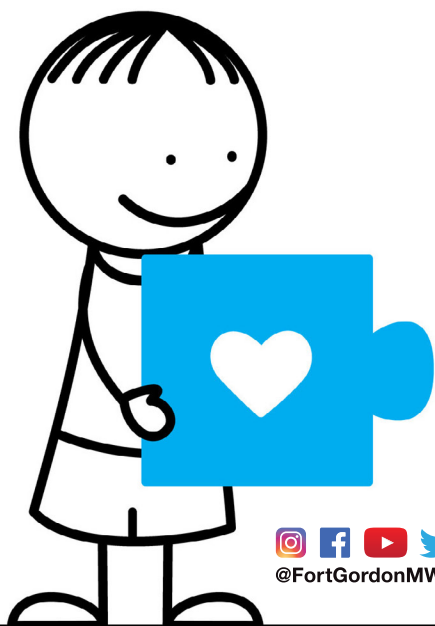
- Fun & Friendship: Learn to keep the fun and friendship alive and well in a healthy relationship.
- Commitment: Understanding what it is and how to cultivate it for a healthier relationship.

May 4, August 3, November 2

- Expectations: Understanding and managing expectations in order to build communication within healthy relationships
- Problem Solving: Learn to work together to solve problems.

May 11, August 10, November 9

- Love Styles: Identify the six love styles that provide a framework for understanding how others express love.
- Road Mapping: Relationships are journeys to share with loved ones for a better understanding how to relate to one another.



To register, visit



For more information, call

706-791-3695

