

---

**Costs per couple:**

**Early Bird Special:** \$399.00 (paid in full when registering 6 weeks prior to workshop)

**Fees:** \$450.00 (can be paid in 2 installments, last installment due 2 weeks prior to workshop)

**Enrollment is limited**

For more information, please visit our web site or phone Ray @ 519-855-6067.



[Couplesforever.ca](http://Couplesforever.ca)



**Couplesforever.ca**



**[couplesforever2@gmail.com](mailto:couplesforever2@gmail.com)**

231120 Trafalgar Rd  
East Garafraxa  
ON, L9W 7B8

tel: 519-855-6067



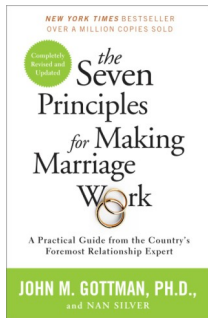
**2 DAY  
WORKSHOP:**

**Principles that will guide  
you towards  
a harmonious  
and long lasting  
relationship**

*the*  
**Gottman  
Seven Principles  
Program**

**TEL: 519-855-6067**

## 2 DAY WORKSHOP ON STRENGTHENING RELATIONSHIPS



OR MAKE ANY  
PARTNER  
RELATIONSHIP WORK

THIS IS A PSYCHO-ED WORKSHOP WHERE YOU WILL LEARN HOW TO STRENGTHEN YOUR RELATIONSHIP AND ACQUIRE NEW SKILLS TO ENHANCE YOUR EXISTING BOND

### In this workshop you will:

- Strengthen your relationship
- Deepen your friendship foundation
- Improve communication
- Give you tools to help you as a couple
- Help you manage conflict constructively
- Enhance a good relationship
- Learn The Seven Principles Program based on Gottman's book

### Through this workshop

- You will learn new skills
- You will get a chance to practice these skills as a couple

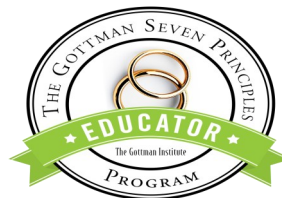
- This workshop is structured, filled with practical exercises.
- You will spend 2 Saturdays together, strengthening your relationship bond

### This workshop is for:

- couples who want to deepen their relationship
- couples who are in a new relationship
- couples who have a good relationship but may benefit from a “tune up”
- engaged or newly married couples
- couples who may feel stuck

### Workshops will be held:

- Location : The Grapevine Room, Hwy 10, Mono Plaza, ON, L9W 6Z1  
From 9-5pm
- Saturday February 13 & 20
- Saturday April 9 & 16
- Please visit website for other workshops dates



**RAY ST-AMOUR IS AN EDUCATOR OF THE GOTTMAN 7 PRINCIPLES AND IS OWNER OF COUPLES FOREVER.**

### What is included:

- One copy of **The Seven Principles Book** and **Two Companion Workbooks** that we will be using over the two days
- Lunch as well as snacks in the morning and afternoon

### Who is not appropriate for the The Seven Principles Program Workshop?

- couples with severe relationship distress
- couples in relationships with significant emotional or physical abuse
- couples with serious compulsive behaviour with gambling, sexual acting out, and other disruptive behaviours
- where one partner has serious emotional or mental health problems
- where one partner is actively addicted to drugs or alcohol

For couples with these concerns, we would still love to work with you, but would recommend couples counselling or individual counselling instead of the workshop

### Couples Forever

231120 Trafalgar Rd  
East Garafraxa  
ON, L9W 7B8

[Couplesforever.ca](http://Couplesforever.ca)

Phone: 519-855-6067

Fax: 519-855-6977

E-mail: [couplesforever2@gmail.com](mailto:couplesforever2@gmail.com)