

Relationship Skills Workshop for Couples

~ Does communication in your relationship tend to disintegrate into angry attacks and/or defensive shutting down?

~ Are you stuck in a rut of being upset with your partner more often than you are in harmony with each other?

~Do you long for more ease and peace but don't know how to get there?

There's a way to reignite your relationship!



This **8-week workshop series** will teach you tangible skills and tools for

- Recognizing and understanding the underlying emotional habits that have become destructive in your relationship
- Transforming reactivity into effective responsiveness
- Building compassion and acceptance for yourself and your partner
- Negotiating problem situations without making them worse
- Recovering the connection you long for in your relationship

Facilitated by **Abby Kubicek**, LCSW and **Anne Bartlett**, LSW

at the **Smiley Building, Studio 10**

Start date and time will be determined when the group is established

Cost: **\$480 for 8 week (just \$60 per group!)**,

plus a **commitment**
to **attend each weekly class together**
and **practice skills between sessions**

To register and for more information, please contact us:

Abby@riversagecounseling.com; 970-403-5663

Anne@riversagecounseling.com; 970-799-3522

***Please note we take your privacy seriously!**

This will be a closed group and confidentiality rules will apply.