



# Couples Communication Seminar

## *Smooth Sailing or Rough Seas?*

**This workshop will help you learn how to start creating the kind of relationship you want.**

Make no mistake . . . .  
We live in a time when understanding and skills are needed to co-create a healthy primary relationship.

This workshop is designed to give you new insight, practical information and inspiration!

- *Do you have issues in your relationship that just don't seem to be going away?*
- *Do you not feel understood or heard in your relationship?*
- *Are you and your partner withdrawing and withholding when you try to talk?*



**Isn't it amazing that over 50% of all marriages end in divorce!**

Here's a few things you'll learn to identify:

- **How you are both co-creating a system within your relationship that is blocking you from getting what you really want.**
- **An understanding of how to change dysfunctional communication patterns to functional ones.**
- **How to set goals and intentions for a healthy relationship.**

Tony and Cristi are counselors, who have worked with hundreds of couples for 20 years. Their mission is to help couples acquire the understanding and skills that create a satisfying long lasting relationship.

## EVENT VITALS

DATE  
Saturday,  
January 30th, 2010

TIME  
10 am to 4 pm

LOCATION  
Red Lion Hotel  
205 Coburg Road  
Eugene, Oregon

RECOMMENDED READING  
*Couple's Journey*

**FREE/Donation**

REGISTRATION &  
MORE INFORMATION  
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Communication  
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