



COUPLES WORKSHOP



**FACILITATED BY JULIET OGBONNA, GRADUATE PRACTICUM STUDENT
(SUPERVISED BY JULIA CEDENO, LCSW-S, RPT)**

This workshop is for Committed, growth mindset couples and those who are seeking better conflict management skills. This group will focus on couples reinvigorating and/or creating shared meaning and getting back to the values that started the relationship. Skills will be taught to enhance and grow communication skills and you will both learn ways to manage conflict more constructively. You will learn and discuss what makes relationships work and what doesn't, and much time will be spent exploring how to enhance romance and emotional intimacy.

Invest in your relationship in this dynamic and fun workshop. Snacks and all materials provided!

TO REGISTER:

CALL/TEXT 832-303-8933

OR EMAIL ADMIN@JULIASCOUNSELING.COM

WWW.JULIASCOUNSELING.COM

@ WOODLANDS

JUNE 17 - JULY 1

3 WEEKS ON

SATURDAYS

12:00 - 1:30 PM

