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COUNSELLING  
CENTRE  
PRESENTS**



# **THE GOTTMAN METHOD: STRENGTHENING THE COUPLE'S RELATIONSHIP ADULT WORKSHOP**

**No cost, in-person workshop**

Do you want to strengthen your marriage or relationship?

In this research-based workshop you will be introduced to the Gottman approach entitled 'The Sound Relationship House'. Join us to learn how this therapeutic approach can support the improvement of intimacy and friendship within a relationship and help you manage conflict in a respectful and healthy manner.

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**TUESDAY, JAN. 28 2025  
6:30-7:30 PM**

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**LEARN MORE AND REGISTER:**



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