



WYNNS FAMILY PSYCHOLOGY
expert solutions for kids, teens & families



The Art of Marriage: Growing a Strong Foundation

A Marriage Workshop for Engaged and "Early Marriage" Couples



Trust. Communication. Intimacy. Connection. These are goals that we all strive for in our marriages, yet for engaged and early married (less than 5 years) couples, it can be a surprise how challenging it is to achieve these goals. Marriage has been called many things – responsibility, duty, hard work—we believe it is that and so much more. It is an art form. Our workshop, consisting of brief lectures, coaching, and interactive exercises, will provide you with an intentional and strong strong foundation upon which to build your marriage. Couples will be encouraged to participate,

but there will be no pressure to share private information with the group. Through skill-based practice, a thorough inventory of your relationship's strengths, and engaging discussions on effective strategies, you and your partner will cultivate a vision for your relationship that will define your marriage for years to come.

This workshop will empower you and your partner to:

- Assess strength and growth areas for your relationship
- Learn the danger signs for weakened relationships with Dr. John Gottman's 4 Horsemen of the Apocalypse
- Enhance your communication skills
- Fight fairly: Rome wasn't built in a day, neither will every argument be solved in one
- Problem solve and resolve conflict effectively
- Strengthen your friendship with each other!
- Have the sex life you desire
- Build shared meaning, goals, and expectations for your marriage and your future together

When: June 3, 2017, 9:30am - 4:00pm (includes a one-hour lunch break on your own)

Where: The Office of Wynns Family Psychology, Cary Location
130 Preston Executive Dr., Suite 202, Cary, NC 27540

Presenters: Kalie Moore, LPCA and Lauren Bowman. The leaders are Prepare/Enrich certified, specialize in marriage and family therapy, and take a hope-focused approach to relationships.

Fee: \$250 per couple. (Insurance reimbursement may be possible depending on your plan. Ask for more details.) A \$100 deposit is required to reserve your spot. Breakfast and coffee will be provided. Following registration, you will receive a link to complete your Prepare/Enrich Relationship Inventory for an additional \$35 fee.

****Early bird special:** Register by May 10, 2017 to receive 15% off

Register: Call 919-467-7777 or email Info@WynnsFamilyPsychology.com. Visit WynnsFamilyPsychology.com to learn more about the practice and the group leaders.