

Boot Camp for Couples

Workshop Series

This workshop series, based on well-documented and researched principles, is designed for couples at all ages and stages of life. With the help of trained professionals, couples will learn how to:

+ Communicate effectively
+ Enhance Friendship

+ Manage conflict
+ Increase intimacy & connection

Core Faculty



Marie Amos, MA; Mike Ayers, MA; Mark Vegh, MC; Dr. Rob Lees; Dr Cheryl Ainsworth

~ Fall 2015 Dates ~

Neighbourhood of Learning, Chilliwack Secondary

September 25 & 26 ~ Couples' Communication

October 16 & 17 ~ Handling Conflict

November 6 & 7 ~ Enhancing Connection

To register or for more information, visit our website at:

www.buildinghealthyrelationships.net

or call 604-792-2760. Scholarships available to those who qualify.

These workshops are intended to be educational only and are *not* intended to replace professional counselling.

Co-sponsored by University of the Fraser Valley (UFV), Trinity Western University (TWU) Graduate Program in Counselling Psychology, the Ministry of Children and Family Development, Ann Davis Transition Society and local counseling agencies & churches. Although supported by some communities of faith, program content is not related to religion, but is based on university research on relationships.