



# BUILDING HEALTHY RELATIONSHIPS

BOOT CAMP FOR C♥UPLES

## 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:

- Increase Intimacy and Connection
  - Communicate Effectively
  - Enhance Friendship
  - Manage Conflict

## Fall 2016 Dates

September 23 & 24 – Couples' Communication

October 21 & 22 – Handling Conflict

November 18 & 19 – Enhancing Connection

**Cost: \$100.00 per workshop or all 3 for \$200.00**

*(Payment accepted at 9046 Young Rd. Cash, Debit, Credit or Cheque payable to Ann Davis Transition Society memo BHR)*

To register, or for more information contact:

**[info@anndavis.org](mailto:info@anndavis.org)**

*Scholarships available to those who qualify*

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

*These workshops are a partnership of Ann Davis Transition Society, the Ministry of Children and Family Development, with support from the Graduate Program in Counselling Psychology at Trinity Western University. Although supported by some communities of faith, program content is not related to religion, but is based on university research on relationships.*