

# “Can we talk?” Staying Close & Connected as a Couple

***Back by popular demand!***

Taking care of our family is important to all of us—and a major concern during times of transition or uncertainty. An essential part of this is staying close and connected to your partner. This workshop focuses on patterns of communication and conflict that facilitate being supportive and accepting of each other. Specific ideas and tools will be shared in this workshop, drawing particularly on research from the Gottman Institute.

Whether you are anticipating or going through a change, or just want to enhance your relationship, join us! Couples of all ages and backgrounds are welcomed.



**Tuesdays, February 2, 9, 16 & 23**

**6:30 – 8:30 p.m.**

Held at JFS, 1601-16th Avenue, **Seattle**

\$54/couple. Scholarships available.

Space is limited, advance registration required.

**Contact** Marjorie Schnyder, (206) 861-3146 or [familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).



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