

The Art and Skill of a Happy Marriage™©

An Afternoon that will Revitalize your Relationship

Led by Steven Freemire, MFT
and Catherine Freemire, LCSW

Experienced Relationship Coaches and
Adjunct Faculty at JFK University & SF State University

Saturday, March 6, 2010 ♦ 12:30 – 5:00 pm

Founder's Grove ♦ Lafayette, CA

What Past Participants Had To Say:

"It was time well spent... thought provoking, fun, and the practical strategies made it an enriching, life-changing day for us." ~ Sam and Carol, Walnut Creek, CA

"Thanks so much for a wonderful workshop. We loved it! We especially appreciated the rich selection of materials and research presented. We will be digesting it for a long time to come." ~ Patricia and Daniel, Berkeley, CA



**Through presentation & couple's exercises,
and with a good dose of humor and play,
we will teach Research-Proven ways to:**

- * Revive the ease and joy of being together
- * Communicate better to bridge differences and distance
- * Decrease conflict and recover more quickly
- * Sustain a positive connection amidst everyday stress

(Please note: Couples will not be sharing their personal issues with the group)

Early Registration Discount by Feb. 16th - \$169 per couple
Registration after Feb. 16th - \$199 per couple

To register or for more information:

Online: www.catherinefreemire.com

By phone: Catherine, 925-939-4554 or Steven, 510-869-2505