

# Couples Workshop

## *Secrets of Relationship Success*

Embark on a six-week journey to discover what it takes to make a relationship work. In this practical, information-packed course using a blend of seminar, video, and discussion, you'll learn how decades of research with couples can help strengthen your relationship.

**Thursdays**

**7-8 PM**

**Sept. 8 -**

**Oct. 13, 2016**

**\$15 per person or  
\$25 per couple  
for all 6 sessions**

\$45 per person or \$75 per couple for non-residents.

Some scholarships are available with proof of need.

**Only 10 spaces available!**



"Thank you again for the informative presentation. I wish it would have been mandatory for us to take this workshop before we were handed our marriage license; it would have saved us a lot of pain."

- Previous participant

### Topics will include:

- ◆ The research-based skills needed to increase your success in relationships
- ◆ How to respond effectively to the worst in your partner
- ◆ The crucial difference between complaints, criticism, and contempt
- ◆ How to influence your partner to change for the better
- ◆ The vital role of emotions and attitude in relationships
- ◆ How absence of conflict alone isn't enough to keep couples together
- ◆ How to navigate the inevitable differences between you and your partner

For more information, visit [mainetownship.com/mainestay](http://mainetownship.com/mainestay) or contact Richard Lyon at [rlyon@mainetown.com](mailto:rlyon@mainetown.com) or 847-297-2510 x261.



**MaineStay**  
YOUTH & FAMILY SERVICES

1700 Ballard Rd • Park Ridge, IL 60068

847-297-2510 • [mainetownship.com/mainestay](http://mainetownship.com/mainestay)