



KENSINGTON COMPASS CENTER

the Seven Principles *for* Making Marriage **Work**

Marriage Enrichment Workshop
4 Sundays in August: 8/7, 8/14, 8/21, 8/28
11am-2pm each day

We are pleased to be hosting this workshop based on the ground-breaking research of Dr. John Gottman and his New York Times best-selling book. It is intended for committed couples of all ages who want to enhance their relationships. During the workshop, you will learn how to build and improve on your base of friendship, fondness, and admiration for each other; how to handle different types of conflict constructively; and how to create shared meaning together. A study has shown it to be effective in making couples happier! Plus we'll have a lot of fun together!

The program consists of lectures, demonstrations, role-playing, and plenty of time for couples to work on exercises together. Please note that the couple discussions are conducted privately, and you won't be asked to share any of your "stuff" with the group. There are some couples for whom the workshop might not be appropriate. So, if you are experiencing severe relationship problems, abuse, or mental health or addiction issues, we would be happy to provide referrals for therapy instead.

The registration fee is \$65 per couple and includes a book (which you don't have to read unless you want more information), two workbooks, fun-filled card decks, and snacks during class. Since materials have to be ordered in advance, please register no later than July 10th by email (revdave@eeclg.org). It is preferred that couples attend all sessions together, but if you have to miss one, that's okay too.

About the presenter:



The Rev. David Jackson serves as the Rector of Emmanuel Episcopal Church. During seminary, he found a passion for working with couples and considers it one of his favorite things to do in ministry. He has graduate education and experience in pastoral counseling, including marital and pre-marital work. He was trained by the Gottman Institute to conduct this workshop.



Located on the 2nd floor of Emmanuel Episcopal Church
203 S. Kensington Avenue, La Grange, Illinois 60525