

## Northport VAMC Mission

Honor America's Veterans by providing exceptional care that improves their health and overall well-being.

The Northport Veterans Affairs Medical Center is always improving the health of the men and women who have proudly served our nation. We consider it our privilege to serve your health care needs in any way we can. Services are available to veterans living in the Long Island area of New York.

In addition to our main facility in Northport, Long Island, we offer services in community-based outpatient clinics. These clinics are located in Bay Shore, East Meadow, Patchogue, Riverhead, and Valley Stream.



For More Information and  
Registration

**Northport VA Medical Center**  
79 Middleville Road  
Northport, NY 11768

**Phone: 631-261-4400**

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### **W2SM Retreat Staff**

Colleen Aerne, LCSW

Juliet Ahl, LCSW

Eden Althaus, LMSW

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Chaplain Karen Pickler, BCC

Ariel Rubinstein, LMSW

Chaplain Paul Swerdlow, BCC

Northport VA Medical Center

**W2SM**  
Warrior to Soul Mate

**Weekend Workshop**

**January 27-28, 2017**



Reclaiming your  
Relationship

RENEW RECONNECT

# Warrior to Soul Mate Workshops

“W2SM is an evidence based, program that focuses on improving communication through the four Languages of Love:



Goodwill,  
Empathy,  
Compassion  
and Bonding.

Over the course of the one and a half day workshop, couples will learn specific communication tools to help them express their thoughts and feelings with their partner which in turn, helps to bring the couple closer together.”

## PAIRS

*Practical Application of Intimate Relationship Skills*

The Warrior to Soul Mate Workshop was developed by the PAIRS Foundation to provide a comprehensive system to enhance self-knowledge and to develop the ability to sustain pleasurable intimate relationships.



Sustaining a pleasurable intimate relationship does not work by magic. It depends upon a set of skills and understanding that can be learned. Our personal history has a great deal of influence on what happens in our current relationships - on our behavior, our feelings, our expectations. We can change these influences if we become aware of them and wish to. It is well worthwhile to sort through what we inherited, keeping what fits for today and changing what does not.



PAIRS Competencies are specific skills that you will learn. These competencies focus in three areas:

1. Emotional literacy
2. Partner skills for building and maintaining intimacy
3. Practical knowledge, strategies and attitudes for sustaining positive marriage and family life.

Registration Form  
Mail to Juliet Ahl, LCSW  
(Address on Back of Brochure)

Next Workshop

Veteran's Name

\_\_\_\_\_  
Name of Spouse/Significant Other

\_\_\_\_\_  
Address

Phone-Veteran

Phone- Significant Other

Email

Email

Veteran Signature

\_\_\_\_\_  
Spouse/Significant Other Signature