



The Couples Center of Alaska is pleased to announce a workshop based on the internationally acclaimed research of Dr. John Gottman as presented in his *New York Times* Bestselling book *The Seven Principles for Making Marriage Work*.

This 2-day workshop will be held:

January 30 and February 6, 2016
9:00 am - 5:00 pm

The Couples Center of Alaska-
2605 Denali Street, Suite 203

Space is limited- Register Soon!

What the workshop is about:

- Seven Principles Program by Dr. John Gottman
- Proven research based information
- Proven tools to help couples:
- Improve friendship, fondness and admiration
- Enhance romance and intimacy
- Manage conflict constructively
- Gain skills to address perpetual and solvable problems
- Create shared meaning
- Maintain gains throughout a lifetime
- Format includes lectures and private couple exercises

To Register:

Contact the Couples Center of Alaska at 907-222-3699 or info@thecouplescentralaska.org or www.thecouplescentralaska.org

Couples who would benefit from this workshop:

- Pre-Engaged
- Pre-Marital
- Everyone from newlyweds to seniors
- Those who wish to enhance a good marriage
- Those needing better conflict management tools

