

**Schedule for  
RELATIONSHIP WORKSHOP**

Meets on Sundays or Mondays

**Session A:**

Meets Sunday Afternoons,  
3:00 pm – 5:00 pm

October 10th, 17th, 31st

November 7th, 14th, 21st, 28th

December 5th, 12th

Or:

**Session B:**

Meets Monday Evenings,  
7:00 pm – 9:00 pm

October 11th, 18th, 25th

November 1st, 8th, 15th, 22nd, 29th

December 6th, 13th

**Tuition:**

Couples, \$45.00 Per Session

Individuals, \$25.00 Per Session

Registration Required

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***In the Workshop You Will Learn To:***

- ▶ ***Cultivate Respect, Affection, and Closeness***
- ▶ ***Improve Intimacy and Friendship***
- ▶ ***Build and Share a Deeper Connection With Each Other's Inner World***
- ▶ ***Keep Conflict Discussions Calm***
- ▶ ***Break Through and Resolve Conflict Gridlock***
- ▶ ***Rejuvenate and Strengthen the Gains in Your Relationship***
- ▶ ***There Will Also be Opportunities for Exploring Your Own Spirituality and Deepening the Spiritual Dimension of Your Relationship***

# RELATIONSHIP WORKSHOP

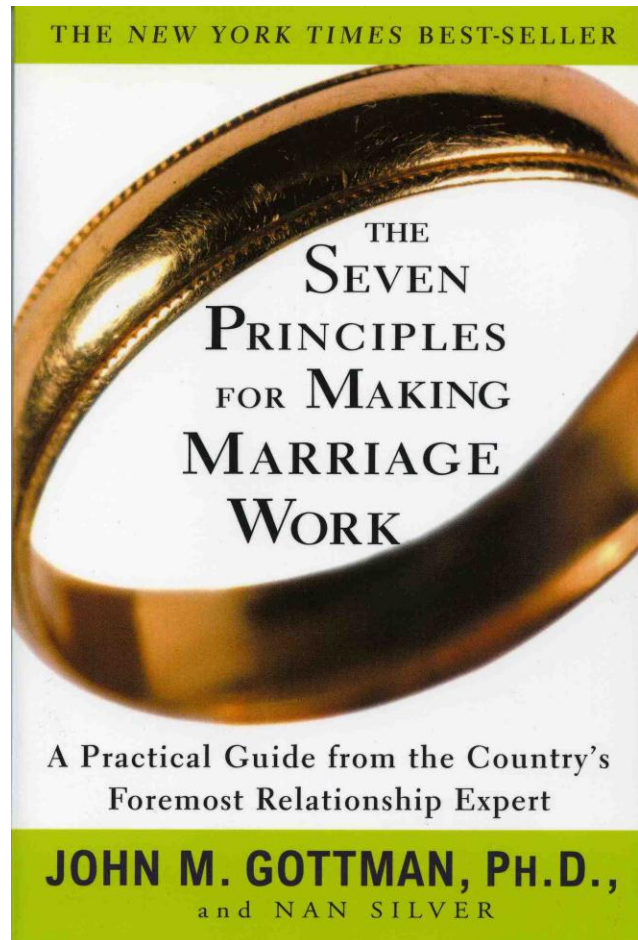
*At The Unity Center of New York City  
213 West 58th Street*

*This on-going workshop welcomes ALL couples, and individuals, who look to develop skills for strong and healthy relationships*

*Based on thirty years of scientific research by John Gottman at the University of Washington, "The Seven Principles for Making Marriage Work" is the text and guide for the workshop, designed to strengthen your relationship.*

*The workshop will give you new insights and research-based relationship skills that can dramatically improve intimacy and friendship in your relationship, and help you resolve conflict in a healthy, productive way.*

*The course is led by Joanna Saliani, a couple's coach trained at the Gottman Relationship Institute, and a Graduate Student at Holos University.*



*In you have any questions about this workshop, contact Joanna Saliani at The Unity Center: 212-582-1300.*

**THE UNITY CENTER OF NEW YORK CITY**

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