



# SUCCESSFUL COUPLES:

## Building Your Relationship Foundation

April 8th-29th  
Mondays, 6:00-7:30pm  
\$149 per couple

Register:

<http://bit.ly/PACE-Classes>



This class is ideal for newly engaged couples and those in their first few years of a committed relationship or marriage. As couples begin their lives together, many people focus on planning the celebration or the wedding instead of preparing for their lives together.

Relationships are hard work, and it is important to take time to lay a solid foundation in order to build a successful relationship that withstands the highs and lows of life. In our Successful Couples course, we will help you learn many things including what makes a committed relationship work, tools for building intimacy, and conflict resolution skills. Our course combines the latest scientific research on long term relationships with thoughtful activities to grow and nurture the bond between you and your partner so that you can begin your life together with tools and knowledge to make your marriage/relationship successful.

For questions, please contact Karmen directly at [Karmenflukertherapy@gmail.com](mailto:Karmenflukertherapy@gmail.com)

### About The Instructors:



Mary Deggelman is a Licensed Marriage and Family Therapist in Pleasanton and supervises two Associates, Karmen Fluker and Laurel Vandiver. Mary graduated from Cal Poly and Saint Mary's College and has raised three children within the Pleasanton Unified School District. Mary is passionate about helping families (individuals, couples and family units) be their best. Mary is a Licensed Marriage and Family Therapist and full time counselor for PUSD.



Karmen Fluker received her Bachelor's Degree in Psychology from UC Davis and her Masters in Counseling from Saint Mary's College. She is an Associate Marriage and Family Therapist working in private practice supervised by Mary Deggelman. Karmen enjoys working with both individuals and couples, and is passionate about helping couples build a strong foundation in order to create an exceptional, lasting relationship.