

# Couples Communication Skills

A six-week course for building intimacy and connection



Most of us seek a close, committed, loving relationship; someone who is there for us when we need them, someone who can respond to us when we require close connection and with whom we can confide and share our feelings and concerns. Such a relationship has physical closeness and emotional intimacy, leads to better health and makes us more resilient in the face of life's storms.

This six-week course is an opportunity to deepen connection and love in your partnership. We will explore ways of nourishing your relationship through appreciation, careful listening, sharing your internal experience and requesting change. The confidential group will provide many tools to support you in meeting some of the challenges you face.

The course is led by experienced couple's therapists Candy Newman MBACP (Accred) and Janice Campbell MBACP (Reg'd).

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**Venue :** Room 3, HQ Therapy Rooms, 83a Kingsland High Street, Dalston, London E8 2PB

**Dates :** 6 weeks. Sunday 4<sup>th</sup> June, 2017 - Sunday 9<sup>th</sup> July, 2017

**Times :** 10.30am till 1.00pm

**Cost :** £350 per couple (£300 early bird booking by 30<sup>th</sup> April)

**Maximum group size:** 6 couples

To book or for further information contact **Candy: 07855 696 309** or  
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