



Upper Island Assessment and Resource Service is pleased to offer the following course for employees and families of our affiliated companies and the community at large.



Couples Clinic



Communication, Connection, and Conflict Resolution

Have you ever noticed that we put more care and effort into the maintenance and prevention of automobile breakdown than relationship breakdown? Seems like a problem with priorities, doesn't it? Do you and your partner seem to be always arguing about something? Or, perhaps, you never argue but feel distant, lonely, more like roommates.

Here is an opportunity to change that.

Give your relationship the time and attention it deserves. Our newly developed Couples Clinic will help you and your partner; understand one another more intimately, meet each other's needs, learn new skills for communication, connection, and conflict resolution, hear from other couples experiencing similar issues, get that elephant out of the room, and enhance your love, respect, and appreciation for one another, all while having a good time.

Each evening will have a topic theme, handouts, activities, sharing and group counselling. Themes include: Learning to Listen, Building Intimacy and Connection, 5 Love Languages, Money Management for Couples, and Conflict Resolution. The sixth session will offer a review and summary.

You won't want to miss this opportunity to repair and strengthen your relationship!

When: Monday evenings from 6:00-8:00 pm, starting January 24th, 2011

Where: ARS office in Campbell River, 625C – 11th Avenue

Cost: \$195 per couple (plus HST)

To register:

1. **Call** (250) 287-2266 CR or (250) 338-4533 CV or (250) 956-3144 Port McNeill
2. **email** info@upperislandars.com
3. use **contact us** page on website www.upperislandars.com

Space is limited, don't delay in registering! (deadline January 10, 2011)