

# *Co-Creating A Relationship*

## *You Want To Come Home To*

### *A Two Day Rejuvenation for Couples*



Dates:	<u>April 25 - 26, 2009</u>
Time:	<i>Saturday, (10 am - 6 pm); Sunday, (10 am - 5 pm)</i>
Regular Fee:	<i>\$ 400 for each couple, after April 10</i>
Reduced Fee:	<u>\$ 300 couple; if cheque is received by Fri., April 10</u>
Location:	<i>10027 - 166 Street, Armstrongs' Counselling Services</i>
Group Size:	<i>Maximum of 8 couples</i>
Facilitators:	<i>Donna and Murray Armstrong</i>
Full Refund:	<i>Full refund issued if the workshop is cancelled</i>

Join a group of couples on the same journey. Gift your partnership with two days of rejuvenating your relationship. This workshop will provide you and your partner the opportunity to renew the vital connection with each other.

\* Experience, understand and apply skills to transform:

- √ conflict into creative energy
- √ frustration or anger into caring connection
- √ coolness into companionship

# Co-Creating a Relationship

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## *A Two Day Rejuvenation for Couples*

### Each person will:

- √ Recognize and honour each other's helpful patterns in the relationship
- √ Experience and practice the re-connection skills that rejuvenate, by:
  - respectfully expressing what you are longing for in the relationship
  - ensuring that you are heard by your partner
  - co-creating a mutual respectful process of problem solving
  - experiencing skills in dealing with negative emotions, reactions and judgements
- √ Understand how negative patterns get created in the relationship
- √ Experience the heart connection required to build: intimacy, trust and love
- √ Learn how to express your emotions, expectations, and sensitivities
- √ Build skills of validating, acknowledging, accepting, and empathizing
- √ Experience other couples as they co-create mutual respect



**Murray & Donna Armstrong**  
**Armstrongs' Counselling Services**  
***Creating Deeper Connections Inc.***  
Senior Facilitators & Program Developers



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Website: **voicedialogueedmonton.com**

\_\_\_\_\_/\_\_\_\_\_  
Each Person's First Name

\_\_\_\_\_/\_\_\_\_\_  
Last Name or Names

\_\_\_\_\_/\_\_\_\_\_  
Apt. #, Street Address or Post Office Box

\_\_\_\_\_/\_\_\_\_\_  
City or Town, with Postal Code

\_\_\_\_\_/\_\_\_\_\_  
Home Phones

\_\_\_\_\_/\_\_\_\_\_  
Cell Phones

\_\_\_\_\_/\_\_\_\_\_  
Each Person's E-Mail Address

I am sending registration cheque of \$ 300/couple before Friday, April 10, 2009 for the April 25 - 26 workshop.  
Payable to: Armstrongs' Counselling Services.  
Mail to: 10027 - 166 Street, Edmonton, AB T5P 4Y1