

*the*  
Gottman  
Seven Principles  
Program 

## Marriage Seminar

Presented by Family Ministries Team

Broomfield United Methodist Church

(545 W. 10<sup>th</sup> Ave. • 303-466-1719 • broomfieldumc.org)

### *Featuring Janice Steinbach, LPC*

*Janice has been a licensed professional counselor for 14 years. This year marks the 5th anniversary of her private practice and the 20th anniversary of her marriage.*

Spend a day with your partner learning the skills to have a truly great relationship in a fun, relaxing workshop format. This investment of time in your marriage will give you priceless rewards.

Research shows that time invested in strengthening your marriage will do more for your health and longevity than working out at a health club.

Learn the techniques that are proven to work to improve your relationship.

### Who would benefit from this workshop?

Dating Couples

Pre-Marital Couples

Married couples from newlyweds to seniors

Those who wish to enhance a good marriage

Those needing better conflict management tools

**When:** Sunday, April 23, from 12:30pm – 4:30pm @ BUMC

(Lunch Provided), or

Saturday, April 29, from 9am – 1pm @ BUMC

(Light Breakfast Provided)

(Over for more information)



Cost: \$180 per couple

(20% Discount offered for BUMC attendees: \$145)

\* Non-refundable unless your place is filled by another couple

## What the workshop is about:

- Seven Principles Program description
- The research foundation of the program
- Proven tools to help couples
- Improve friendship, fondness and admiration
- Enhance romance and intimacy
- Manage conflict constructively
- Gain skills to address perpetual and solvable problems
- Create shared meaning
- Maintain gains throughout a lifetime
- Format includes lectures and private couple exercises

## What the workshop is not:

It is not therapy

- It is not an open sharing of personal problems. Exercises and discussions occur privately between you and your significant other.

## Registration Includes:

Lunch on Sunday; Light breakfast on Saturday

Book: Seven Principles for Making Marriage Work by John Gottman

2 participant manuals

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To register: Choose your date and use the links below:

Sunday, April 23<sup>rd</sup> – <http://bit.ly/MarSem42317>

Saturday, April 29<sup>th</sup> – <http://bit.ly/MarSem42917>

For questions, Contact Mary Soroka, 720-880-5226 or [mary.soroka@broomfieldumc.org](mailto:mary.soroka@broomfieldumc.org).