



Introductory Free Seminar for

The **HeArt** of Relationships

with Ann Ladd, PhD, LCSW

We finally know what's different about couples that stay happily together.

It's not that they are better matched, better looking, more in love or more passionate. It's not that they have fewer differences or less to fight about.

*The difference between successful and unsuccessful couples is **how** they handle these differences.*

*The good news is that anyone can learn to do relationships better and smarter. **It turns out you CAN learn how to get the feeling back.....and keep love alive."***

Diane Sollee, smartmarriages.com

The HeArt of Relationships is drawn from the hallmark Love Cycles program for married and committed couples in any stage of relationship.

This **free** 3 hour seminar **Saturday, December 1, 2018 (9:30-Noon)** will introduce you to the following topics you will learn in the 5 session class starting **Friday, February 22, 2019**

- The exciting research that offers a road map for Love's Four Journeys
- 3 practical skills for communication increasing and deepening connection
- Ways to reduce defensiveness and increase your ability to listen
- The ability to feel genuine empathy for your partner...instead of secret resentment
- The secret of expressing upsetting feelings without hurting your partner or your relationship
- New ways to enhance intimacy and express caring
(Refreshments at Break)

Call Ann Ladd to register for the free seminar – 719/251-4006

The Connecting Place

421 North Main Street, Ste202, Pueblo



Give your relationship a lasting gift!