

Do you already have a strong foundation for your committed relationship, but want to see it get even better? This might be the workshop for you!



Enhancing Your Relationship: A Workshop for Couples



This hands-on, sequential 4-session workshop will provide practical tools for couples who wish to strengthen their relationship. Topics include:

- ✓ Understanding Relational Expectations and Beliefs
- ✓ How to Nurture the Positives in the Relationship
- ✓ How to Improve Problem Solving Ability and Communication Skills

When: Tuesdays, 4/15, 4/22, 4/29 & 5/6/14

What time? 5:30pm to 7:00 p.m.

Where: Counseling & Psychological Services' Conference Room,
Alfred Lerner Hall, 8th Floor

For: Couples only (one member of couple must be a Columbia student who has paid the health services fee)

To reserve a spot or for more information, please e-mail:

Dr. Yaniv Phillips at py2120@columbia.edu **or**

Dr. Aoife Villafranca-West at saw19@columbia.edu

Columbia University makes every effort to accommodate individuals with disabilities. If you require disability accommodations to attend an event at Columbia University, please contact Disability Services at (212) 854-2388 at least 10 days in advance of the event.

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