

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 3-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:** Mondays, 11/28, 12/5 & 12/12/16

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

**Where:** Counseling & Psychological Services' Conference Room,  
Alfred Lerner Hall, 8<sup>th</sup> 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](mailto:py2120@columbia.edu) or

Dr. Wendy Greenspun at [wg31@columbia.edu](mailto:wg31@columbia.edu)

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CPS WORKSHOP SERIES