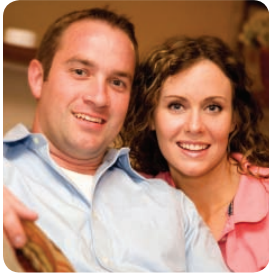


Marriage Enhancement & Couples Workshop



It's never too early or too late to strengthen your marriage and relationships! Whether you want the tools to build a solid foundation early on or are in need of some long overdue marital repairs, this small, private, and no-pressure group setting can help! Though a series of interactive exercises and brief but informative lectures, [Dr. Kristen Wynns](#), marriage counseling and parenting coach expert, will teach you and your spouse to enhance communication skills, amicably problem solve, implement better relationship habits, protect your marriage from infidelity, bring back that "lovin' feelin' and much more! As an added bonus, Dr. Wynns will include a brief section on how to be an effective co-parent. All this, plus you get lunch! (Don't worry, we'll feed you something more substantial than peanut butter crackers.) If you're within driving distance of the Raleigh and Cary NC area, join us for this fun and engaging workshop.

This insightful workshop is designed to strengthen your relationship by teaching you how to:

- Identify the top five "Love Busters" and implement the top five "Love Boosters"
- Recognize the danger signs of a weakened marriage (Gottman's "Four Horseman of the Apocalypse") — learn why marriages are destroyed and how to eliminate these threats
- Enhance communication skills — learn to truly **listen** to, understand, and meet the unique needs of your partner
- Achieve balance & harmony through compromise & acceptance of your spouse's idiosyncrasies
- Collaborate, calmly problem solve, and effectively use conflict resolution techniques
- Men — How to have more **SEX** / Women — How to have a stronger **EMOTIONAL CONNECTION** (and vice versa)
- R-E-S-P-E-C-T, find out what it means to me... and your spouse
- Strengthen your friendship, deepen your understanding of each other, and promote positive growth through spending "quality time" with each other
- Stay connected and committed even when the "in-love" feeling fades
- Bullet-proof your marriage from infidelity

This workshop will also include a little bonus on PARENTING strategies. Learn how to:

- Be a unified parenting team with your spouse (whether your "kids" are young or grown)
- Resolve differing parenting styles
- Avoid giving your children your "best," but having nothing left for your spouse
- Become a "No Wimpy Parent" (Visit NoWimpyParenting.com for more information)



- When:** Saturday, March 10th from 9:00am–4:00pm (includes a one-hour lunch break)
- Where:** [The Office of Wynns Family Psychology](#)
130 Preston Executive Drive, Suite 202, Cary, NC 27513
- Presenter:** [Dr. Kristen Wynns](#), licensed psychologist, specializing in couples, children, and families.
- Participants:** This workshop is open to all couples — married and unmarried, young and old, with and without kids, dog and cat lovers alike
- Fee:** \$399 per couple. (Most insurance plans will reimburse a percentage of these fees. We can help file for insurance reimbursement.) A \$150 deposit is required to reserve a spot. Lunch is provided.
- Register:** Call 919-467-7777 or email Info@WynnsFamilyPsychology.com.
Visit WynnsFamilyPsychology.com to learn more about the practice and [Dr. Wynns](#).

Space is Limited So Call or [Email Now](#) to Reserve Your Spot!

More expertise from Dr. Wynns on marriage and parenting:

- [Stay Happily Married Podcasts](#)
- [Marriage and Parenting 101 Blog](#)
- [My Carolina Today Parenting Videos](#)
- [Helpful Family and Parenting Articles](#)
- [No Wimpy Parenting Services](#)