

# Couples Skill Building Group



Couples will have the opportunity to **enhance their relationship through an 8 week, skill building group** using Gottman-based, Existential, and Solution Focused techniques. During the 8 weeks, couples will learn and be able to practice skills based in the Stress Response Cycle, Coping skills and Co-Regulation, Gottman Communication Methods, Emotional Intelligence, Assumption Checking, and Meeting Bids for Connection. This skills group is not a replacement for individual or couple's counseling but is to **help couples navigate better ways to respond to one another.**

## OUR SCHEDULE:

Monday 5:30 - 7pm  
Starting February 19th

*\* Last session Tuesday 4/9/24*

## WHO THIS IS FOR:

Couples/Dyads  
Open to LGBTQ+ folx

## LOCATION:

Holistic Health  
Collective Group  
Room



## Weekly Fee:

**\$50** or **\$100**  
per person per couple

*\*Not Covered by Insurance*

**TO LEARN MORE AND  
REGISTER, CALL  
616-200-4433, DIAL 1**