

BH WORKSHOP



RELATIONSHIP WORKSHOP CREATING EMOTIONAL DEPTH

These strategies help individuals develop strengths so they can bring their best selves to their relationships. This change group focuses on proven techniques derived from the best researchers and therapists in the field of relationship growth, maintenance and improvement.

- ▶ **Take Preventative Action**
Learn to be proactive, to avoid escalating issues.
- ▶ **Argue Practically**
Learn to repair or leave disputes, avoid inappropriate anger.
- ▶ **Apologize Effectively**
Become a skilled communicator.
- ▶ **Learn Acceptance**
Each partner's views are valid.
- ▶ **Plan for the Best**
How to be great friends.

5-Week Course on Wednesdays

August 1st - August 29th
6:30 p.m. - 8:30 p.m.

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Call **801-262-9619** or visit
blomquisthale.com to reserve a seat!