

Discover the essential skills to create and sustain successful relationships...



## PAIRS® ESSENTIALS COMMUNICATION WORKSHOP FOR MARRIED COUPLES

Using curriculum from the internationally-acclaimed PAIRS Institute, this interactive, two-part workshop introduces couples to practical communication skills that strengthen marriage relationships.



In a comfortable classroom setting, a trained instructor presents a variety of easy-to-learn communication tools to a group of 5 to 8 couples.

Each presentation is followed by a brief time for couples to practice their new skills, with coaching from the instructor. All exercises are voluntary. Participating in group discussion is optional.



### Couples learn how to:

- ♥ listen with empathy
- ♥ confide safely
- ♥ keep a sense of humor
- ♥ turn conflict into connection
- ♥ complain lovingly
- ♥ increase trust

**Date/Time:** Three Thursday Evenings, January 8, 15, and 23  
6:00 – 8:45 p.m.

**Location:** Spartanburg Headquarters Library  
Irwin Classroom (lower level)  
151 South Church Street, Spartanburg, SC 29306

**Cost:** **\$165 per couple** (include all materials and snacks)  
(\$10 per person per hour)

### Workshop Instructor

Rev. Julie Thompson



- *Ordained Minister*
- *Marriage Educator*
- *Parenting Educator*
- *Life Coach*
- *Wife and Mother*

To register, visit [www.rootsandwingsworkshops.com](http://www.rootsandwingsworkshops.com)  
or call 864-497-0468 **by Monday, January 4**