



Introductory Free Seminar for

# The **HeArt** of Relationships

with Ann Ladd, PhD, LCSW

***We finally know what's different about couples that stay happily together.***

*It's not that they are better matched, better looking, more in love or more passionate. It's not that they have fewer differences or less to fight about.*

*The difference between successful and unsuccessful couples is **how** they handle these differences.*

*The good news is that anyone can learn to do relationships better and smarter. **It turns out you CAN learn how to get the feeling back.....and keep love alive."***

*Diane Sollee, smartmarriages.com*

The HeArt of Relationships is drawn from the hallmark Love Cycles program for married and committed couples in any stage of relationship.

This **free** 2.5 hour seminar **Saturday, January 26, 2019 (9:30-Noon)** will introduce you to the following topics you will learn in the 5 session class starting **Friday, February 22, 2019**

- The exciting research that offers a road map for Love's Five Cycles
- 3 practical skills for communication increasing and deepening connection
- Ways to reduce defensiveness and increase your ability to listen
- The ability to feel genuine empathy for your partner...instead of secret resentment
- The secret of expressing upsetting feelings without hurting your partner or your relationship
- New ways to enhance intimacy and express caring  
(Refreshments at Break)

**Call Ann Ladd to register for the free seminar – 719/251-4006**

**The Connecting Place**

**421 North Main Street, Ste202, Pueblo**



*Give your relationship a lasting gift!*