



The **HeArt** of Relationships

with Ann Ladd, PhD

Spring, 2021

A five series class for married and committed couples in any stage of relationship.

- The exciting research that offers a road map for Love's Five Journeys.
- 5 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.
- Harvesting the potential for deeper trust and intimacy from skillfully addressing conflict.
- The secret of expressing upsetting feelings without hurting your partner and your relationship – utilizing full emotional literacy to enhance the relationship.
- New ways to deepen intimacy and express caring.

COUPLE'S CLASS SPRING SCHEDULE 2021 (May need to be online. Room allows 6-8 feet social distancing.)

Apr 16-17	Strengthening and Deepening the Connection: Practical Skills & Tools
Apr 30–May 1	What I Bring to the Relationship: Earlier Experiences and Personality
May 14-15	Dealing with Differences and Difficulty: Negotiation Skills
May 28-29	Re-Creating Passion & Pleasure: Sensuality and Sexuality
Jun 11-12	Visioning Anew: Creating a Conscious Wholehearted Relationship

Fridays, 7-9:30 pm • Saturdays, 9:30 am-5pm

Cost - \$1,250/couple (\$100 deducted if paid by April 9, 2021)

Includes 2 workbooks and a copy of *Love Skills* by Linda Carroll

Total hours - 47; \$27/hour/couple

Payment plans available.



Call Ann Ladd to register – 719/251-4006

The Connecting Place

421 North Main Street, Ste202, Pueblo, CO 81003

Give your relationship a gift that keeps giving!