

Romance, Rice and Reality..



A workshop for all couples:
nearly, newly or long term married.

- Based on PREP® Approach as seen on Oprah, 20/20 and 48 Hours -

9 am-4 pm. Saturday

March 21 Shady Grove YMCA



or April 18 Tuckahoe YMCA (club house)

Transform your good relationship to GREAT... come to this exciting, informative workshop and learn how to make your marriage the lifelong adventure it was meant to be!

You will learn...

- How to talk to your partner and **really be heard!**
- How to recognize danger signs that spell t-r-o-u-b-l-e
- How to build commitment that will "go the distance"
- How to handle conflicts quietly and safely
- How to solve problems as a **TEAM**
- How to keep the fun and friendship forever

You'll practice your new skills ONLY with your partner; (Coaching Available)

What is PREP?

PREP® (Prevention and Relationship Enhancement Program) is one of the most comprehensive and well-respected marriage education programs available today; a proven, research and skills based program. Participating couples report lower conflict and greater satisfaction even years later – ***it really works!***

Only \$60 per couple/\$35 single – Includes instruction, participant workbook, and take-home materials.

Space is limited, and pre-registration is required – call or email today! □

For more information: www.ymcarichmond.org; Registration desk at Shady Grove-Y (804) 270-3866; Tuckahoe-Y (804) 740-9622

Or (804) 288-3431 (ext 11); info@FirstThingsRichmond.org www.FirstThingsRichmond.org
Check web site for additional dates and locations

First Things First & YMCA Richmond

Strengthening Families for a Better Community



Registration on Reverse



