



STRENGTHENING MARRIAGES AND FAMILIES FOR A BETTER COMMUNITY

It Takes Two!

Keys to a Rewarding Relationship

A workshop for all couples: nearly, newly or long-term married. Transform your good relationship to GREAT.

..... You will learn

- How to talk to your partner and really be heard.
- How to recognize danger signs that spell trouble.
- 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.
- How to really listen without getting angry.
- You'll practice your new skills ONLY with your partner.

..... Time and Location

Date: 3 Mondays, April 12, 19, 26 or Oct. 25, Nov. 1, 8

Time: 6:00 p.m. to 8:15 p.m.

Location: Shady Grove YMCA, 11255 Nuckols Road, Glen Allen, VA 23059
For directions visit www.ymcarichmond.org



..... Registration Information

- \$80.00 per couple/ \$45.00 single
- Non Y members add \$5
- Includes participant handbook, & take-home materials
- Shady Grove YMCA (804) 270-3866
- Visit FTF Web site for additional dates & locations, www.FirstThingsRichmond.org
- registration on reverse.



It Takes Two: Keys to a Rewarding Relationship



- August 28, 2010 Tuckahoe Family YMCA – 9:00 AM to 4:00 PM**
Mail form to 9211 Patterson Avenue, Richmond, VA 23229 (Attn: Shelly Turner)
- 3 Mondays Oct. 25, Nov. 1, 8 Shady Grove Family YMCA 6-8:15 pm** (child watch may be available)
Mail form to 11255 Nuckols Road, Glen Allen, VA 23059 (attn: Mabel Duff)

REGISTRATION FOR NON-YMCA MEMBERS:

Participant 1

Name _____ Gender M F D.O.B. _____

Address _____ *Emergency Contact* _____

_____ *Relationship* _____

Best Phone _____ *Emergency Phone* _____

Email Address _____

Participant 2 (if applicable)

Name _____ Gender M F D.O.B. _____

Address _____ *Emergency Contact* _____

_____ *Relationship* _____

Best Phone _____ *Emergency Phone* _____

Email Address _____

PAYMENT: check or credit card:

Amount: Non-YMCA member – COUPLE (\$85) Non-YMCA member – SINGLE (\$50)

Please charge my: MasterCard Visa American Express

Cardholder Name _____ Card Number _____

Expiration Date _____ Signature _____

For Shady Grove: Please fax this form to Mabel Duff, Shady Grove YMCA Sr. Membership Director at 804-270-0478 or mail a check with this form payable to Shady Grove YMCA, 11255 Nuckols Road, Glen Allen, VA 23059, Attention: Mabel Duff.

For Tuckahoe: Please fax this form to Shelly Turner, Tuckahoe YMCA, Youth & Family at f- 804-741-9606 or mail a check with this form payable to Tuckahoe YMCA, 9211 Patterson Avenue, Richmond, VA 23229, Attention: Shelly Turner. Mailed registrations must be postmarked by 3 days prior.

You will receive a verbal or email confirmation of receipt of registration. You may also register in person at the YMCA Member Services Desk.

Registration questions: Contact the Shady Grove YMCA at 270-3866 or Tuckahoe YMCA at 740-9622

Class-related questions: Contact *First Things First* at 288-3431.