



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 .....



..... Registration Information .....



# 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 \_\_\_\_\_  
\_\_\_\_\_

Best Phone \_\_\_\_\_

Email Address \_\_\_\_\_

*Emergency Contact* \_\_\_\_\_

*Relationship* \_\_\_\_\_

*Emergency Phone* \_\_\_\_\_

#### Participant 2 (if applicable)

Name \_\_\_\_\_ Gender  M  F D.O.B. \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Best Phone \_\_\_\_\_

Email Address \_\_\_\_\_

*Emergency Contact* \_\_\_\_\_

*Relationship* \_\_\_\_\_

*Emergency Phone* \_\_\_\_\_

### 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.**