



ShowMe Healthy Relationships

Coming to Cole County!!

FREE program for couples (committed or married)
to help strengthen and nurture your relationship!

- **Gottman's Seven Principles** : help couples enhance their marriage or couple relationship by learning how to build a healthy friendship, manage conflict, and work as a team to improve the relationship.

Classes are 1 night a week for 5 weeks

- **Tuesday May 16th : 6-8 pm**
- **Tuesday May 23rd : 6-8 pm**
- **Tuesday May 30th : 6-8 pm**
- **Tuesday June 6th : 6-8 pm**
- **Tuesday June 13th : 6-8:30 pm**

*Sign up today by
calling our intake line at:
1-855-422-4510*

*Gift cards
for
participation
and
attendance!
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*Childcare will not be
provided so please
make arrangements
prior to the event!*

**Appointments can be scheduled
May 4th, May 9th or based on
your schedule.**



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