



MOVING THROUGH TIMES TOGETHER

COUPLES WORKSHOPS SERIES

Workshop # 2 Managing Conflict

Explore what's behind the conflict
Moving from gridlock to dialogue
Discovering pathways to repair

Conflict increases for most couples after baby arrives. At the same time there is less time, privacy, and energy to process and resolve conflict.

We address how to express your needs so that you feel heard and understood. We will learn the differences in the conflicts and explore ways to compromise.

We teach creative strategies for discovering new pathways through conflict to repair and reconnection.

The Moving through Times together Workshops for Couples help couples develop the resiliency required to meet the intense physical and emotional challenges of parenting.

Each two-hour workshop provides couples with relationship strengthening strategies and information, as well as ways to develop into a great parenting team.

The workshops also provide new and expectant parents opportunities to meet other couples going through this important and exciting life transition.



Iwona Gerner is a certified Gottman Educator authorized to lead workshops for new and expecting parents. The Program can also be incorporated into individual and couples therapy

HOW TO MAINTAIN
RELATIONSHIP SATISFACTION
AFTER BABY IS BORN AND
BECOME A GREAT PARENTING
TEAM

2-HOUR WORKSHOP
\$ 50 PER COUPLE
(DISCOUNT AVAILABLE)

SATURDAY,
DECEMBER 9TH, 2017 ,
9.00 -12.00

LED BY:



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PSYCHOTHERAPIST

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