

Love and Harmony Couples Group

Tuesdays 4:30pm-6:00pm



The Couples Group is a psychoeducational group designed for partners seeking to enhance their relationship. Based on the principles outlined in John M. Gottman, Ph.D.'s *The Seven Principles for Making Marriage Work*, the group focuses on providing practical strategies to understand, repair, strengthen, and improve committed relationships. Participants will learn effective techniques for resolving conflicts, fostering mutual understanding, and increasing intimacy. The program also offers resources to address various relationship challenges related to intimacy, sex, communication, money, religion, work, and family commitments.

Where Gottman meets the Community

When: Tuesdays from 4:30pm to 6:00pm

Where: Behavioral Health Services, at the River People Health Center

GROUP SESSION STARTING SOON!
Call BHS at (480) 362-5707 for more information.



Health & Human
Services



River People
Health Center