



## Exploring a Loving Relationship (ELR)

- a professionally-led educational counseling program
- for couples dating, engaged, married, or remarried who
- have had a monogamous relationship for at least six months

*Love isn't magic, it's a skill!*

In **the Exploring a Loving** workshop, you will learn how to:

- Make your love last
- Make your love deepen over time
- Keep love fresh and new
- Communicate by fully expressing yourself
- Understand your partner at a deep level
- Find and express positives
- Stop and change conflict patterns
- Problem solve effectively
- Replace nagging with positive reinforcement
- Build affection activities

The weekly topics are:

1. Family of Origin/Prior Marriage
2. Expressive (speaker) Skills
3. Listening/Empathic Skills
4. Conflict Resolution
5. Family Issues: Ex's, In Laws, Out Laws
6. Myers-Briggs
7. Adult Step Children & Step parenting
8. Autonomy vs. Intimacy (I vs. We)
9. Money
10. Sexuality & Intimacy
11. Trust
12. Couple's Panel- Q & A  
(Everything you need to know that hasn't been covered!)

Facilitator: Carrie Hansen, MA, MSW, LCSW-C

<p><b>Columbia</b> Location  New Hope Lutheran Church  8575 Guilford Road  Columbia, MD 21046</p>	<p><b>Crofton</b> Location  Prince of Peace Presbyterian Church  Fellowship Hall  1657 Crofton Parkway  Crofton, MD 21114</p>
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Please call **410-721-0992** or email *info@changingfocus.org* to register for the next session

<p><b>Registration and assessment are required.</b>  Tel: 410/721-0992  Email: info@changingfocus.org  Website: www.changingfocus.org</p>
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Couples meeting the requirements for completing the course will receive a certificate validating their attendance and participation in pre-marital counseling. Churches and Synagogues that require counseling before marriage will usually accept this certificate. Please check with your Priest, Minister or Rabbi.

Fees are based on a sliding income scale and are on a per-person basis. An assessment with Carrie Hansen is required prior to starting the workshop (\$ 75 fee).

Income	Member Fee	Non-M Fee
*\$0 - \$60,000	\$115 Member	\$190 Non-Member
\$60,001 - \$80,000	\$155 Member	\$230 Non-Member
80,001 - \$100,000	\$195 Member	\$270 Non-Member
\$100,001 and above	\$235 Member	\$310 Non-Member