



**DEFENSE**  
**STONEWALL**  
**CRITICISM**

*Admiration*  
*Nurture*  
*Tending*



## Building Relationships

*Marriage and Family*

Happy marriages are never perfect unions. Couples who are very satisfied with each other still have differences to navigate. How do they find their way through difficulties and keep their marriages happy and stable? Come



to a seminar based on John Gottman's Seven Principles for Making Marriage Work and learn what can help your relationship flourish. This seminar will be led by Valerie Wiebe, a Marriage & Family Therapist at Recovery of Hope.

**Date:** Saturday, Feb 7, 2009

**Time:** 9am to 1 pm at Westwood

**Cost:** \$5 per person

**More Info:** e-mail Ethel Schroeder at  
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