

H.E.A.R.T Class for COUPLES

Heal
Emotions
And
Resolve Relationship
Troubles

This class is appropriate for any couple, married or not, of any age. The class objectives are:

- 1) Implement skills to enhance marital/couple friendship
- 2) Identify and improve conflict resolution skills
- 3) Learn how to address challenging emotions that cause conflict

THE SKILLS TAUGHT IN THIS CLASS WILL ENHANCE ALL OTHER RELATIONSHIPS TOO!

Three (2) Hour Sessions

1. Session One--helps couples identify the most common relationship mistakes.
2. Session Two--teaches couples specific tools and information to improve their relationship.
3. Session Three--teaches couples how to move through conflict successfully.

Each participant will receive a 60-page binder full of information and techniques from leading marital researchers, books, and seminars that will serve as a helpful resource long after the class is over. Each participant will also receive a CD created by the facilitator and designed to help participants deal with conflict with their partner!

The dates for the next scheduled class are on Monday evenings from 6:30-8:30 pm (October 2009):

- October 12
- October 19
- October 26

Location: The Cardinal Rigali Center, 20 Archbishop May Drive, St. Louis MO 63119

To Register:

Call Renee: 314-276-1680
Register on-line: www.reneegebhart.com
Email Renee: renee@reneegebhart.com.

Fee: \$200 *per couple* (covers 6 hours with professional & materials).
The fee is equivalent to most insurance copays for a similar amount of time with a therapist. ***You cannot afford to miss this!***

Some couples prefer to cover the class material in intensive couple's therapy. Others prefer to bring this class to their own community or parish! To speak with Renee about these options, please call her personally at 314-276-1680.

Quotes from past **H.E.A.R.T** participants:

- ***“Great information which enlightens how we got where we are and gives practical, manageable steps for how to change the patterns and begin repairing damage.”***
- ***“I feel myself falling in love with my husband all over again and feeling refreshed in our relationship!”***
- ***“A great bang for the buck...in terms of money and time.”***
- ***“Looking to heal your heart and give your relationship a chance—try the HEART class because it is first class!”***
- ***“This class helped me to understand better the problems that commonly occur in relationships and the healthy ways to work on the problems.”***
- ***“The information we learned from this class will be an invaluable resource to the success of our marriage and our family! Thank you!”***
- ***“Very practical and easy to understand”***

H.E.A.R.T. REGISTRATION FORM

Name(s): _____

Home Address: _____

Home Phone: _____

Cell Phone: _____

Work Phone: _____

Email Address: _____

How did you hear about the class? _____

Method of Payment

- Check (Check #_____)**

Send registration form & check payable to Renee Gebhart to:

Collaborative Marriage & Family Counseling

1066 Executive Parkway, Suite 103, St. Louis, MO 63141

- Credit Card**

Please complete **Electronic Authorization Form**

Fax form and registration to: 314-827-0074

Or mail to Renee Gebhart:

Collaborative Marriage & Family Counseling

1066 Executive Parkway, Suite 103, St. Louis, MO 63141

A confirmation letter will be sent upon receipt of payment.