



FREE RELATIONSHIP ENHANCEMENT WORKSHOPS



DID YOU KNOW...

- Relationship satisfaction substantially contributes to individuals' happiness, health, and overall life satisfaction
- Relationship satisfaction declines on average
- Over a third of marriages will end in separation and rates are even higher in cohabiting couples
- Recent research suggests that relationship discord and dissolution can be prevented.

ASK YOURSELF...

- Are you happy in your relationship and would you like to ensure that your relationship continues to be happy and fulfilling in the future?
- Are there problems in your relationship that you worry will become more problematic over time?
- Are you interested in learning new skills to help keep little problems from becoming big ones?

OUR GOALS...

To prevent relationship distress by teaching couples basic skills to resolve conflict and nurture intimacy so that when problems arise, those problems will not have a chance to tear relationships apart.

WORKSHOP PROGRAM: CARE...

- The CARE workshops are 14 hours over the course of four days and all sessions take place at the SFU Burnaby campus:
 - March 22, 10am – 3pm (please bring lunch, or you can purchase on site)
 - March 25, 6:30-9:30pm
 - April 1, 6:30-9:30pm
 - April 8, 6:30-9:30pm
- **Attendance at all four sessions is required for registration.**
- One pre-workshop interview of 2 hours will be scheduled at your convenience prior to March 22.
- The CARE workshops will be conducted by advanced graduate students in the Clinical Psychology programs at Simon Fraser University and University of British Columbia under the supervision of Dr. Rebecca Cobb.
- Portions of the workshops are conducted in a group with lectures and discussion, and couples will have the opportunity to practice new skills in a private room with a graduate student facilitator.
- The CARE workshops focus on teaching couples skills to resolve conflict, deal with challenges as a team, and to listen effectively.
- The CARE workshops were developed and tested at the University of California, Los Angeles. In the three years following participation in the workshop and compared to couples who received no treatment, couples who participated in CARE were...
 - less likely to end their relationship
 - less likely to experience hostile conflict (e.g., blaming, criticism)
 - less likely to show declines in positive relationship qualities

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EGISTER...

To learn more about the CARE relationship enhancement workshops, please contact Dr. Rebecca Cobb at couples@sfu.ca or go to <http://www.sfu.ca/psyc/faculty/cobb/>. There are no fees for participation in the CARE workshop, but we have limited space for participation, so please contact us soon to register.