

FREE MARRIAGE ENHANCEMENT WORKSHOPS



DID YOU KNOW...

- About 90% of people will get married at some point in their lives.
- About 40% of first marriages in Canada end in divorce.
- The first 4 years of marriage are a high-risk period for distress and divorce.
- Recent research suggests that marital discord and divorce can be prevented.

ASK YOURSELF...

- Are there problems in your relationship that you worry will become more problematic over time?
- Or, are you happy in your relationship and would like to ensure that your relationship is happy and fulfilling for years to come?
- Are you interested in learning new skills to help keep little problems from becoming big ones?

OUR GOALS...

To prevent marital distress and divorce by teaching couples basic skills to resolve conflict and nurture intimacy at the beginning of marriage so that when problems arise, those problems will not have a chance to tear marriages apart.

WORKSHOP PROGRAM: CARE...

- The CARE workshops are 14 hours over the course of four days and all sessions take place at the SFU campus:
 - March 27, 10am – 3pm (please bring lunch, or you can purchase on site)
 - March 30, 6.30-9.30pm
 - April 6, 6.30-9.30pm
 - April 13, 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 27.
- The CARE workshops will be conducted by advanced graduate students in the Clinical Psychology program at Simon Fraser University 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 level facilitator.
- The CARE workshops focus on teaching couples skills to resolve conflict, deal with hurt feelings, 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 divorce
 - less likely to experience hostile conflict (e.g., blaming, criticism)
 - less likely to show declines in positive marital qualities

REGISTER...

To learn more about the CARE marriage enhancement workshops, please contact Dr. Rebecca Cobb at rcobb@sfu.ca. There are no fees for participation on the CARE workshop, but we have limited space for participation, so please call soon to register.