

A monthly program for adults and children on topics important to your family.

▼ **CHOOSE EITHER OR BOTH** ▼

Adult Seminars

Wednesday • 6:00-7:00 p.m. • Gifford 101

Children's Workshops

Wednesday • 5:45-7:15 p.m. • Gifford 132

September 17, 2008	<p>Seven Principles for Making Your Relationship Work <i>Shelley Haddock, Ph.D., LMFT</i></p> <p>John Gottman has conducted decades of research on couples and what makes relationships happy and long-lasting. This presentation will discuss the seven principles that are essential in creating a successful intimate relationship, based on Gottman's most current research. The seminar, which is appropriate for all types of intimate relationships at all stages in life, will provide participants with many practical suggestions and activities for creating and maintaining emotional connectedness every day. Some recommendations may surprise you!</p>	My Feelings and Your Feelings: The Making and Keeping of Friends <i>Faculty and Graduate Students</i>
October 15, 2008	<p>Strategies for Strengthening Connection in your Couple Relationship <i>Ashley Harvey, Ph.D., LMFT</i></p> <p>Attachment theory and research is well-established in explaining dynamics between parents and children. In recent years, attachment research has exploded into the adult relationship arena, and offers fascinating insights – namely, how we can connect in our intimate relationships and what patterns are often blocking the connections we desire. In this presentation, Dr. Harvey will explain adult attachment, common cycles of distress, and strategies for creating satisfying relationships.</p>	How to Deal with Bullies and Not Be One <i>Faculty and Graduate Students</i>
November 19, 2008	<p>What You Most Need to Know About Balancing Work and Family <i>Toni Zimmerman, Ph.D., LMFT</i></p> <p>Dr. Zimmerman will share research findings from a study designed to discover strategies that are central to the successful balance of family and work. She will also share how societal messages about work and family can influence our thinking and behaviors around this important topic. Strategies learned at this workshop will be relevant to work, parenting, and the couple relationship.</p>	Learning About Diversity <i>Faculty and Graduate Students</i>

Adult seminars are appropriate for adults without children and those who are parents. Children's workshops are designed for children ages 3½-8.

Cost: \$10 per adult or \$15 per couple
\$20 per child and \$10 for each additional sibling
Discounts available for adult-child combinations and multi-evening packages.

To register: Contact Dr. Ashley Harvey at 491-3011 or email Ashley.Harvey@colostate.edu