

# The Art and Skill of a Happy Marriage™©

*An Afternoon that will help couples jump-start their relationship, have more fun together and put conflicts to rest*

**Led by Catherine Freemire, LCSW  
and Steven Freemire, MFT**

Experienced Couple's Therapists and  
Adjunct Faculty at SF State University & JFK University

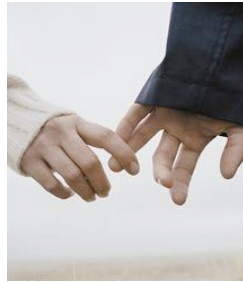
**Saturday, March 6, 2010 ♦ 12:30 – 5:00 pm**

**Founder's Grove ♦ Lafayette, CA**

*What Past Participants Had To Say:*

*"It was time well spent... thought provoking, fun, and the practical strategies made it an enriching, life-changing day for us."* Carol and Sam, Walnut Creek

*"Thanks so much for a wonderful workshop. We loved it! We especially appreciated the rich selection of materials and research presented. We will be digesting it for a long time to come."* Patricia and Daniel, Berkeley, CA



**Combining lecture and couple's exercises,  
we will teach Research-Proven ways to:**

- \* Revive the ease and joy of being together
  - \* Communicate better to bridge differences and distance
  - \* Decrease conflict and recover more quickly
  - \* Sustain a positive connection amidst everyday stress
- (Note: Couples will NOT be sharing their personal issues with the Group)

**Register online or by phone: \$199 per couple or  
\$169 per couple with Early Registration Discount (by Feb. 16<sup>th</sup>)**

**For more information, go to:** [www.catherinefreemire.com](http://www.catherinefreemire.com)  
**or call:** Catherine at 925-939-4554 or Steven at 510-869-2505