

Real Talk & Real Skills for Real Relationships Classes for BIPOC & Multicultural Couples

The (H)ART of Communication - 101

Do you struggle to communicate effectively in ways that build and foster love and intimacy? There are many components that go into the mix of making love work but, being able to **SPEAK** in a way that your partner can **HEAR** and understand what you are sharing, and knowing how to **LISTEN** in a way your partner feels heard and **UNDERSTOOD** is paramount.

Unfortunately, hardly anyone is taught the fundamental skills needed to be successful in relationships. This class aims to teach you the communication skills that happy, successful couples use to thrive in long term relationships.

These essential skills can help you:

- Listen to each other and share in ways that allow for full understanding and empathy
- Master verbal and non-verbal communication and be more attuned to each other's needs
- Handle conflict in a more loving manner and repair the relationship after a fight
- Create secure attachment bonds that build long lasting intimacy and deeper connection
- Bring in more play, fun, and creativity to enliven your relationship

Join Relationship & Sex Therapist, Victoria King, LMFT, and other BIPOC & Multiracial couples on this 5-week, exploratory journey where each week you will learn and practice a new skill to take back into your relationship to help you thrive.

We meet every Thursday evening, Oct 22- Nov 19, 2020, 5:30pm-7:30pm. PDT

\$495 per couple (email if finances are a barrier to attending)

Register or get more information online at: VictoriaKingMFT.com