

# Marriage, Parenting and Relationship Workshop

Sunday, January 18, 2026, at 3:00pm  
Citrus Heights Stake Center

Topics for the January 18, 2026 workshop:

- ❖ 4 essential keys for every relationship to thrive
- ❖ Why connection matters: understanding the nervous system
- ❖ The fundamental skill for better marital and parent/child communication
- ❖ The Parenting Pyramid: how to improve relationships with your child of any age—child, youth, adult

Heavenly Father's plan of happiness is about relationships—with God, spouse, children, and others. We will learn principles and practice skills that can strengthen all relationships, using the best social science research consistent with gospel principles. We look forward to discussing and learning together in these monthly workshops.