



## **Mindfulness and Internal Family Systems (IFS) for Couples: Tools for Growth & Coping Skills for Life**

Offered by David J. Burkhard, M.A.  
LMFT, LCSW, LMHC and Certified IFS Therapist  
*David is a therapist in private practice in Indianapolis since 1989. He offers special events at The Green House Indy including workshops for adults/couples and training for therapists.*

**When:** Sat., March 3, 2018

**Time:** 10:30a.m. to 4p.m.  
(lunch break: 12:30p.m.-1:30p.m.  
lunch not provided)

**Who:** Adults only. Limited to 15 couples.

**Where:** The Green House Indy  
447 E. 38<sup>th</sup> Street  
Indianapolis, IN 46205

**Cost:** \$100.00 per couple/\$90.00 if registered by Feb. 28

**Register:** Visit  
[www.burkhardcounseling.com](http://www.burkhardcounseling.com) or fill out registration below and mail with check to David J. Burkhard, 7110 S. East Street, Indpls, IN 46227

**Questions:** Email David at [djburkhard@sbcglobal.net](mailto:djburkhard@sbcglobal.net)

***Come learn new approaches to life's challenges that promote calmness, curiosity, compassion, creativity, connection, confidence, courage, clarity in an environment of safety and nonjudgment!***

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**Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_