



## ☀️ ACCEPT, MEND and BUILD: A COUPLES WORKSHOP ☀️

**This workshop includes one follow-up private couples' therapy session!**

**Saturday January 7<sup>th</sup>, 2023 11:30am – 3:30pm (Additional dates available)**

**LOCATION: Ardsley, NY**

Sign-up with your partner for this one-of-a-kind couples' workshop where we will be using various forms of therapy, art and philosophies to explore, embrace, and build on your relationship.

Couples will choose from a variety of found objects and repurposed glass and ceramic ware. This will allow couples to create a unique art-piece that will embody the care, effort, and energy each has put forth into their relationship through this day-long workshop.

You and your partner will work on acknowledging and confronting necessary change, practicing acceptance, and deciding how to build upon the strengths you have. At the end of the workshop each couple will take home their art-work and creation that embodies the parts of their relationship they've created together.

What is most unique about this workshop is it includes a follow-up private couples' therapy session to help reinforce the work done by couples with the positive effects from the workshop.

**Through this unique therapeutic workshop couples can experience:**

☀️ A safe space ☀️ Working through relationship roadblocks ☀️ Clarifying feelings ☀️ Restoring trust ☀️ A deeper understanding of relationship dynamics ☀️ Getting an impartial experience ☀️ Deepening intimacy and connection ☀️ Improving communication skills ☀️ Working on self-awareness and personal growth ☀️ Learning strategic and effective coping skills ☀️

Price per person: \$175  
Price per couple: \$350

Workshops are limited to 6 couples

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