

Balancing The Me, The You and The We: Increasing Intimacy, Improving Communication & Strengthening Your Bond as Partners

Participants will
gain tools to create a mutual vision for
relationship growth and change.

Discuss and learn concrete
strategies to:

- Assess your positive and negative
communication patterns
- Listen and be heard
- Develop creative
problem-solving skills
- Deal respectfully with
anger
- Increase healthy conflict
resolution skills
- Assess your satisfaction
levels for **emotional,
physical and
sexual intimacy**
- Define challenges to
intimacy
- Learn how to talk and
listen more openly about
your needs and desires

*A fun, informative, zesty workshop; bound to
strengthen your relationship.*

Who: LGBT & Queer people and Allies
Gender non-conforming & poly folks welcome

Choose from two times:
Friday, June 7, 2013, 4-9pm or
Saturday, June 15, 2013, 9am-2pm

Where: South Minneapolis
Cost: \$115/person. (\$50 due with registration.)
Some scholarships available. \$15 off if
registered by 6/1/13.
These workshops will fill up.
Healthy snacks, workshop materials, bibliography,
and notebooks provided.



Workshop facilitated by Irene Greene, MEd. Irene is a psychotherapist and educator in Minneapolis. She provides individual, relationship and group counseling to adults. Topics include healthy sexuality, communication, gender and sexual identity, self-confidence, managing anger, depression and anxiety, trauma healing, mindfulness, oppression, privilege, and work issues.

Irene has been practicing psychotherapy for over 25 years.
To register and for more info: irenegreene@earthlink.net 612.874.6442