

### **Relationship Repair**

*A four-week therapy group focused on deepening connection  
Beginning June 2021*

Relationship Repair is a four-week group workshop aimed at providing couples with a thorough understanding of relationship dynamics, skills for communication, and tools for de-escalation and connection.

This program is comprised of four weekly sessions, facilitated by two experienced couples therapists.

*Topics include:*

**Week 1: Individual activation/emotion regulation**

*An exploration of individual ways of bonding to others learned in early life and how that now impacts the ways we attend to distress in our adult relationship.*

**Week 2: Relationship patterns and cycle identification**

*Identifying and exploring couples' conflict patterns and methods of soothing partner distress/upset.*

**Week 3: Coping with conflict and communication**

*Skills for coping during conflict, tools for de-escalation, and strategies for improved communication.*

**Week 4: Connection and repair**

*Establishing and deepening connection, closeness, and bonding throughout the relationship.*

*To participate we request that you:*

- Attend a free one-hour screening interview with a program facilitator to determine if the group is the right fit for you.
- Commit to attend all 4 sessions.

**\*To register, please contact program coordinator Jennifer Goldberg (RP, CCC) at 613 722 2225 ext. 301 or by email at [jgoldberg@jfsottawa.com](mailto:jgoldberg@jfsottawa.com)**

**\*Total cost for four-week program: \$350 per couple. Coverage available under a Registered Psychotherapist or Registered Social Worker Receipt**