



a program of  
Jewish Family Services  
of Ottawa

# Relationship Repair

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

Learn relationship dynamics, skills for communication and tools for de-escalation and connection to deepen your relationship.

Sessions are facilitated by experienced and registered couples' therapists.

## Topics include:

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

Explore how you learned to bond with others early in your life and how that impacts the ways you manage stress in your adult relationships today.

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

Identify and explore couples' conflict patterns and ways to soothe partner distress/upset.

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

Learn skills for coping during conflict, tools for de-escalation, and strategies for improved communication.

### **Week 4: Connection and repair**

Establish and deepen your connection, closeness, and bonding throughout the relationship.

## To participate we request that you:

- Attend a free one-hour screening interview to determine if this group is right 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. Valid receipt for insurance coverage is available