



a program of
Jewish Family Services
of Ottawa

Relationship Repair

A four-week therapy group focused on deepening connection
Sessions will be held on Wednesday evenings beginning in May 2022

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 sooth 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 our program coordinator:
Layla Matar, RP
613 722 2225 ext. 391
lmatar@jfsottawa.com

Total cost for four-week program

\$350 per couple. Some subsidized spots are available. Valid receipt for insurance coverage.