

Premarital Workshop: *Ready, Set, I DO*

Due to COVID-19, this workshop has been postponed until further notice

A **2-day workshop**, based on Bowen Family Systems Theory, for **couples who are currently engaged or considering marriage**. It will offer a unique perspective on relationships and an understanding on what they can work on individually to **maintain a healthy marriage**. Please note this workshop is not intended for marriage therapy.

To register, visit: www.livingsystems.ca

Early bird rate:
\$245 per couple
By March 25

Regular rate:
\$275 per couple
After March 25

Light refreshments will be provided
Any questions, please contact Maybo Lui
maybolui@gmail.com

“The best time to work on one’s marriage is before one gets married”

Randy Frost - Training & Research Director of Living Systems Counselling

Topics to be covered:

Systems thinking:

Understand the importance of not looking at people in isolation from one another, but rather as a unit, in order to get a fuller picture of the situation

Basic relationship patterns:

Learn the 4 basic relationship patterns that can be found in any marriages or families, just in varying degrees

Differentiation of self:

Understand the importance of maintaining a self while being able to relate closely to the people we love

Sibling position:

Recognize how we may be affected by our birth order, and how we can function in a more mature way

Triangles:

Recognize how triangles can develop and maintain conflicts in relationships

Family of origin:

Understand how our family of origin can have an impact on our marriage

Facilitated by family therapists with advanced training in family systems theory and therapy:



Maybo Lui
Resident Counsellor,
MS in family studies



Dave Galloway
Resident Counsellor,
Family Enterprise Advisor
(FEA) and Instructor

Sponsored by:

