

the Seven Principles *for* Making Marriage Work

Do you have difficulty communicating and understanding each other? Are you stuck, arguing in circles about the same issues? Or are you in a good relationship and would like to make it even better?

THEN, THIS WORKSHOP COULD BE FOR YOU!

The Gottman Seven Principles Program is designed for all couples in a committed relationship, including:

- Married or Engaged couples
- Those couples considering marriage/engagement
- Those who wish to enhance an already "good" marriage or relationship
- Those needing better conflict management tools
- Those considering couples therapy but who are not "ready" for weekly therapy
- People of all backgrounds, ages, faiths, and sexual orientations

NOTE: *If you are dealing with emotional abuse, domestic violence, unwanted touch, or substance abuse, this class is not appropriate, and you should instead seek individual or couples therapy.*

IN THIS CLASS YOU WILL LEARN HOW TO:

- Foster respect, affection and closeness
- Build and share a deeper connection with each other's inner world
- Keep conflict discussions calm
- Break through and resolve conflict gridlock
- Strengthen and maintain the gains in your relationship

DETAILS:

February 28-March 1, 2026; 9-4:30 daily, 1½ hour lunch, Chapel Hill area hotel TBD

Cost \$775/couple including supplies

Registration deadline of **February 5** in order to allow for supply delivery

Presenters: Lisa Dumain, MSW, LCSW and Eric Dumain, MBA; both certified Leaders of The Seven Principles for Making Marriage Work Couples Program.

Contact/Register: lisa@lisadumain.com or 919-818-6622