

# Marriage Works: A Couples Group

**Leader:** Chris Cole, MA, LPC

**Purpose:** This couples group is designed to help couples develop the intimacy and connection they long to have. The format of the group is didactic and process in nature. Concepts will be discussed and group interaction will facilitate growth and healing. This group is for couples who are caught in repetitive patterns of relating that result in distress and loss of connection.

## **Who would benefit from this group?**

- Couples who are committed to the Lord and to each other.
- Those couples who need the encouragement of others.
- Couples who are willing to work hard on understanding their patterns.
- Those who are willing to change.
- Those who are able to make the time to attend all the meetings.

## **Objectives of the group:**

- Understand your relational pattern as an individual and your partners.
- Learn what blocks intimacy in marriage and how to develop healthy connections.
- Gain insight into how your family of origin impacts how you relate in your marriage.
- Provide support to others as they seek growth while receiving the same from others.
- Be honest about your struggles as a couple.
- Complete all group assignments and be prepared for group each week.
- Pray for other couples.

**Time:** This group would meet weekly for 1½ hours for 8 weeks starting in October on Wednesday evenings 7-8:30pm

**Cost:** \$75 per couple a group session, payable in one month increments (\$300 for four weeks). You can check with your insurance company to see if you will get any reimbursement. Any additional cost for materials will be the responsibility of the participants, such as books or workbooks.

**Text book:** How We Love by Milan and Kay Yerkovich

**Location:** Leesburg

**To register or get more information, please call Chris Cole at 703-464-0877 x 1**