



COUPLES WORKSHOP — FROM PARTNERS TO PARENTS —

— Skills for Maintaining Partner Connection and Intimacy After the Baby is Born —

A one-day workshop for pregnant couples and parents of infants and toddlers
based on the research of Drs. John and Julie Gottman.

Did you know... Most couples experience a substantial decrease in
relationship satisfaction in the first year following the birth of their baby?
Come learn (and practice) research-tested tools to strengthen your relationship
with your partner and foster your baby's development
during this new and challenging time of life.

LEARN HOW TO:

- Stay connected with your partner
 - Deal with conflict successfully
- Strengthen partner friendship and intimacy
- Interact with your baby in a positive way

- 2010 Dates -

Sunday, March 7th, 9:30am-4:30pm or
Sunday, May 23rd, 9:30am-4:30pm or
Sunday, November 7th, 9:30am-4:30pm

North Berkeley Location

Contact Lee Safran
510.496.6096 www.leesafran.com

Fee per couple • \$175 includes materials
— \$25 discount for registration received 30 days prior to workshop —

Lee Safran is a Certified Gottman Educator and is a licensed Marriage and Family Therapist (#35387).
She has a private practice in Kensington working with individual adults and couples.
She also facilitates Postpartum Stress Support Groups and specializes in
pregnancy, postpartum, and parenting issues.

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