

## Course Overview

Week 1: Identify problem areas, strengths and resources, and determine shared goals for your relationship.

Week 2: Learn about the attitudes, expectations, and roles for each partner and how these can affect your relationship.

Week 3: Healthy Communication Strategies

Week 4: Conflict Resolution Training

Week 5: Love, Sex and Intimacy: Learn how to give your partner what he/she needs and get more of what you need.

Week 6: The 5 Love Languages

Week 7: Looking to the Future - Learn how to maintain positive changes over time and continue to grow together.

Week 8: Synthesis - Review progress and identify areas for continued work.