



What really matters most in your life?

For most people the answer is your relationships—how you interact with your family, friends, and spouse. Even how you treat yourself?



Good communication is the key to better relationships. We believe that good communication is not something that just happens but something that can be learned.

ACS Family Advocacy Program Couples' Communication Workshop

- Discover the common mistakes and barriers in communication
- Learn the Do's and Don'ts of Couples Communication
- Learn to handle conflict constructively—to talk without fighting
- Learn key elements for effective couples speaking and listening

Come join this **FREE** workshop and learn how to strengthen your marriage/relationship through communication.

Where: Family Resource Center (FRC)

**When: January 17, 2012
6:00pm-8:30pm**

**When: February 22, 2012
6:00pm-8:30pm**

To register for the workshop, call (270) 412-5500/798-2045
Limited child care provided/Registration required through CYSS