



# SAFE HARBOR CHRISTIAN COUNSELING

PARTNERS IN HOPE. SOLUTIONS FOR LIFE.

## The 5 Keys to Love and Relationships

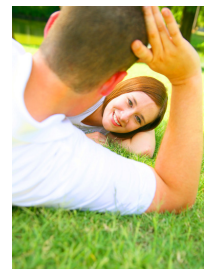
This seminar is for married or single couples who wish to enrich their relationship. In it, you will learn about the '5 A's' that are the components of building the virtue of love in ourselves:

Attention  
Acceptance  
Appreciation  
Affection  
Allowing

At the completion of the seminar you will be able to approach your mate with the following attitudes:

- I am paying close attention to you now
- I accept you as you are in this moment
- I allow you to be yourself
- I appreciate you for what you have been and are
- I have real affection for you, no matter what

With these attitudes, conflict resolution becomes less of a battle and more of a practical communication.



This seminar will be instructed by one of Safe Harbor's counselors,, Tom Simon, M.A., LGPC. His approach is to give couples a storehouse of resources and tools to increase communication and intimacy.



If your church or organization is interested in hosting an event, please contact Erik Sundquist to discuss date and fee.

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