

Start the New Year on a Positive Note

Managing Relationships and Winning Together

An experiential learning program to help you understand and manage your relationship patterns. Tools for managing challenging aspects of relationships and difficult transitions will be presented and practiced. This psycho-educational workshop is for healthy individuals and couples who are interested in self-discovery.

Participants will learn:

- The relationship patterns you have been repeating
- How to take charge of relationships
- How to learn and grow from painful times in relationships
- How to start new relationships that avoid repeating unproductive patterns
- How to start new relationships with a new person or same partner or spouse
- How to get what you need from repetitive patterns
- Communication tools for winning together

Part II on the second day of this workshop will provide participants opportunities for individual personal work in a group setting. Part II is optional.

Part I: January 30, 2010 9:00 AM to 4:00 PM

Part II: January 31, 2010 9:00 AM to 4:00 PM

Location: La Escondida Ranch, Helotes, TX. (for directions go to www.laescondida.net)

Part I \$95.00

Parts I and II \$180

Presenter: Felipe N. Garcia, M.A. LMFT LPC TSTA

To register, send a check and the following information to Felipe Garcia, 9900 Escondida Rd, Helotes, TX 78023:

Or register at www.winningtogether.org

Name: _____

Address _____

City, State, Zip _____

E-Mail address _____

Home phone _____

Cell phone _____

How I heard about this workshop _____

My goal for this workshop _____