

Fundamentals Workshops

Facilitated By:

***Patti Langlais, Marriage and
Family Therapist***

&

***Alain Langlais, Clinical
Hypnotherapist***



Fundamentals of Relationships Workshop (Saturday)

This workshop is designed for individuals and couples interested in strengthening and maintaining their relationship. This class is designed to discover insights and tools to enhance communication, emotional and sexual intimacy, and foster respect. Learn how to practice effective and calm conflict resolution, and learn how to heal conflicts of the past. Additionally, individuals and couples will learn how to identify their own and their partner's expression and needs of love.

Relationship Workshop cost: \$150.00/person

When: March 21, 2015

***Where: Poco Inn & Suites, Salon A
1545 Lougheed Hwy, Port
Coquitlam, BC***

***Time: Registration at 8:00 am, class
8:30 am –5:00 pm***

Cost: \$150.00/person

Fundamentals of Family Workshop (Sunday)

This workshop is designed for parents interested in strengthening and maintaining their relationship with their children and teens. This class will provide parents insights and tools to enhance communication and understanding of their children and teens. Parents will learn how to increase and deepen relationships within the family through effective and calm conflict resolution and better understanding of their child. Additionally, parents will learn strategies to effectively show love and affection to their children in the way they need to increase self-confidence and parental respect.

Family Workshop cost: \$150.00/person

When: March 22, 2015

***Where: Poco Inn & Suites, Salon A
1545 Lougheed Hwy, Port
Coquitlam, BC***

***Time: Registration at 8:00 am,
class 8:30 am –5:00 pm***

Cost: \$150.00/person

Package Rate for both Workshops: \$250/person