

# Couples Workshop



## 4 session workshop to help you:

- Get off to a good start in a new relationship.
- Enrich an already good relationship.
- Work through difficulties.
- Resolve long-standing conflicts.
- Repair trust in your relationship.
- Decide about continuing your relationship.

enrich. resolve. repair.

**Dates: Weeks 4-7 (Winter Quarter)**

*For more information please contact:*

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Sign up at [caps.ucsd.edu/signup](http://caps.ucsd.edu/signup)

*This meeting is not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at 858 534 3755 to arrange an appointment.*



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