
Love and Relationships in Quarantine



Love Cycles presents

Love Skills

A Virtual Class for Couples

“This is going to be a period of great growth for relationships. Couples are either going to grow together or grow apart. Therapists love to advise couples to create quality time for themselves, and now we have more of it than ever. Use it wisely—and positively.”

-Helen Fisher, author

Experience a deep-dive into issues and resolutions:

- How the qualities which attracted us to each other can be the most difficult to manage when we are together 24/7
- The impact of stress on relationship
- Manage defensiveness
- How personality types can wreak havoc in relationships
- Practicing the Pause: the five top skills of communication
- Two essential rituals of connection
- One private 45-minute session o

Register here today:

<https://lindaacarroll.com/love-skills-june-2020/>

New Class Begins
June 28, 2020

With Linda Carroll
and special guest Deb Lyman
for the Enneagram

Sundays, 4-5pm

June 28

July 5

July 12

July 19

July 26

August 2

August 9

\$395, insurance billable
and workbook included

