

Do You Want Lasting Intimacy in Your Marriage?

How About Just Feeling More Connected to Your Spouse?

Would You Like to Make Your Marriage Stronger?

***JOIN US for an EXCITING, INTERACTIVE and FUN 3-PART SERIES to
Make Your Marriage the Best It Can Be!***



Falling in love is easy... staying in love is an art. It requires time, effort, skill and change. It seems ironic that keeping a strong love from changing *requires* continual change and growth. And yet, in contrast, stagnation occurs without any effort. At the heart of every vibrant relationship is a strong attachment. A couple who still feels “in love” after years of marriage is unsinkable in the waves of life. In LINKS (Lasting Intimacy through Nurturing, Knowledge and Skills), you will learn how to regularly revitalize the dynamic *links* of your marriage with the *Relationship Attachment Model* (R.A.M.). In a simple picture, this model characterizes the complex interactions of the ways you *know*, *trust* in, *rely* on, *belong* to and *become intimate* with each other in marriage, and the boundaries needed to protect your relationship from harm.

SESSION ONE ***Relentlessly Pursuing Intimacy and Respectfully Cultivating Trust***

It is easy to lose touch with each other in marriage. This session explores the ways to keep up with deeply knowing your partner. Negative thoughts and opinions of your spouse can sabotage your feelings of closeness. We will explain how you can maintain and strengthen a positive opinion of your spouse, and heal any wounds to your trust.

SESSION TWO ***Reciprocally Meeting Needs and Resiliently Charting Your Course***

In this session, you will learn that a mutual determination to know and fulfill your partner’s needs is the core of a happy marriage. Creative ways to accomplish this on a regular basis are explored. Belonging to each other is the heart of commitment and the soul of sexual intimacy. You will learn about a resiliency model of commitment for dealing with changes and crises in light of rediscovering each other throughout the course of your marriage.

SESSION THREE ***Romantically Renewing Your Union and Staying Connected***

Sexual intimacy is essential to the ongoing bond of closeness, attraction and vitality in marriage. Learn about romance, sexual drives and keeping lovemaking alive. You will also learn about tools for helping you to stay connected, not just sexually, but in aspects reviewed in the course.

WHEN? **TUESDAY evenings - April 29, May 6 and May 13, 6:30 to 8:30 pm**

WHERE? **OSU Extension Office, 18000 St. Rt. 4 Marysville, Ohio 43040**

COST? **\$40.00 per Couple – Partial scholarships available**

RSVP: **Carol Chandler (937-644-8117) by April 22 - Space is limited. Register soon!**

Facilitator: **Doug Bierl, Director of the Central Ohio Healthy Marriage Collaboration**