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Helping Couples  
Cultivate Mindful  
Marriages Through  
Couples & Pre-  
Marital Counseling



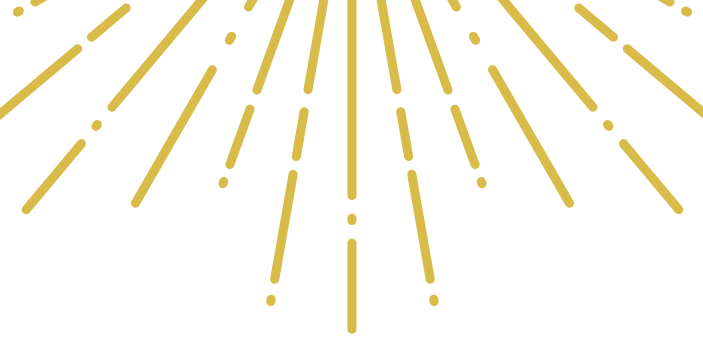
REGISTER TODAY

(817) 360-4462  
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Mindful  
Marriages

LOTUS COUNSELING





The roots of a long lasting relationship are Mindfulness, Deep Listening, and Loving Speech.  
- Thich Nhat Hanh -

## TWOGETHER IN TEXAS

Since 2013, the Pre-Marital Support Program has been offered in collaboration with PrepareEnrich & Twogether in Texas. This program is recognized by the State of Texas and rewards a Discount on Texas Marriage License upon completion. Find out more at [www.TwogetherinTexas.com](http://www.TwogetherinTexas.com) & [www.Prepare-Enrich.com](http://www.Prepare-Enrich.com)

## PRE-MARITAL TOPICS OF FOCUS

### Communication

Together we'll discuss the patterns learned from your Families of Origin and cultivate skills for communicating with greater ease, as well as for more effective and compassionate conflict resolution.

### Stress Management

Chronic stress is a serious threat not only to your physical health, but also to the ease with which you navigate your relationships. We'll explore common as well as your personal stressors and learn tools to help better prioritize and manage stress.

### Intimacy

Together we'll consider what it means to feel deeply connected to one another, by exploring and enhancing the various ways that you express love, affection, and respect for one another



## ADDITIONAL TOPICS COVERED

Love Languages  
Money & Finances  
Relationship Roles  
Children & Parenting  
Marital Expectations



## INVESTMENT

Deposit \$50

Six 60-75 Minute Sessions - \$555  
upfront or \$650 via weekly  
Installments

*\*This Program makes a great wedding gift  
from family/friends. Inquire today about how  
you can gift this course to a loved one.*

