THE MYSTERY BEHIND BUILDING HEALTHY RELATIONSHIPS

with Marta Ludwig, LCSW (she/her)

This 3-part workshop will explore:

• The foundation of any healthy relationship
• Intensity vs Intimacy
• The impact of our attachment-style on our love life
• Co-dependence
• What are relational re-enactments
• How to get out of being stuck in relational patterns that are not working for us
• Differences between healthy & unhealthy relationships
• Different types of abuse
• Healthy respectful communication styles

FRIDAYS 4–7PM
10/4, 10/11, & 10/25 (must attend all 3 dates)

If you wish to enroll in the workshop or have any questions or comments, please contact agarcia2@brynmawr.edu