

The Art of Intentional Loving

**A Path to Creating Happiness, Harmony
And Intimacy in Your Relationships**

Gabrielle Lawrence, PhD

Wednesdays, September 7, 14, 21, 28,
and October 5, 12, 19

7:00 - 9:00 p.m.

Franciscan Renewal Center



What does it mean to love intentionally? How do we do it? Dr. Lawrence invites us to examine our core needs for love and attachment and to gain awareness of the part they play in making our relationships flourish or fail.

The workshop will help you:

- Understand your family history and how that determines who you are and how you interact with others
- Gain new communication skills, in order to communicate effectively with your spouse, children, co-workers and other
- Gain insight into gender difference and how they impact relationships
- Divorce proof your marriage
- Process difficult emotions and regulate anger
- Remain calm in the face for stressful situations
- Hardwire Happiness into your brain
- Stay in the moment in order to live a fuller, happier, richer life

Fee per person: \$95

**Register online: www.thecasa.org
or call 480-948-7460 Ext. 132**

Comments from past participants:

"Communication and negotiating a solution was very beneficial. The course was loaded with helpful information to improving relationships."

"Great information. Great interaction. Good teacher. Interesting participants."

"I loved Gabrielle's style of presentation. She made the material meaningful and touching while adding a lot of humor and fun to it all."

"Gabrielle was great!!!"

Gabrielle Lawrence, Ph.D., is a licensed psychologist and a certified counselor in the State of Arizona. She is a clinical member of the American Association of Marriage and Family Therapy and a Registered Play Therapy Supervisor as well as a Certified Trauma and Loss Specialist. She is a recognized clinician working with children, adolescents, and adults in the areas of grief, recovery, traumatic loss, abuse and bereavement.



Franciscan Renewal Center
Peace. Renewal. Good.

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