A Couples Interactive Workshop #1

Heartwell Therapy LLC

Being Intentional & Present
In Your Relationship

Life gets busy, and even the strongest relationships can find themselves on the back burner. Between work, family, and everyday responsibilities, quality time can become an afterthought. But connection doesn't require grand gestures; often, it's the small, intentional moments that help us feel close, appreciated, and understood. Making space for one another can help keep your relationship strong, even during life's busiest seasons.

In this workshop, couples will explore how to create meaningful relationship rituals, establish regular check-ins, and continue dating one another throughout the relationship. You'll leave with practical ways to nurture romance, be more present, and stay connected amid everyday demands. Because no matter how long you've been together, your relationship deserves to remain a priority.

A Psychoeducational Series for Couples in PA

Workshop #1 Content

- Developing Mindfulness
- Creating Relationship Rituals
- Establishing Relationship Check-Ins
- Dating Your Partner With Intention

Cost: $100 per couple per two-part workshop topic.
Options: Sign up for one or all four two-part workshops.
Register: www.heartwellpa.com/therapy-services/workshops
Questions: Cecilia Wishneski, LPC - info@heartwellpa.com