A Couples Interactive Workshop #2

Heartwell Therapy LLC

Reigniting Lost Desire
In Your Relationship

Do you feel more like roommates than romantic partners? Maybe intimacy has become less frequent, your desire has changed, or you miss the spark you once shared. Changes in desire are common in long-term relationships, and understanding what influences intimacy can be the first step toward reconnecting. These changes don't have to mean something is wrong with your relationship or that closeness is out of reach.

Together, we'll explore the different types of intimacy, common barriers to desire, and ways to strengthen connection both in and outside the bedroom. You'll leave with fresh perspectives and practical tools to better understand each other's needs, talk more openly about sex, and create opportunities for intimacy. The goal is to nurture a more fulfilling intimate life together without pressure, blame, or unrealistic expectations.

A Psycho-Educational Series for Couples in PA

Workshop #2 Content

- The Types of Intimacy
- Barriers to Desire
- Everything But Sex
- Let's Talk About Sex, Baby

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