Heartwell Therapy LLC

Mental Load: Balancing

The Invisible Work of Relationships

A Couples Interactive Workshop



April

8th & 22nd

2027

Thursdays: 5:30 pm - 7 pm ET

Two-Part Workshop: Virtual Twice A Month

A Psycho-Educational Series for Couples in PA

- What is a mental load?
- Equal versus Equity: Working Toward Strengths
- Finding a Balance that Works
- A Look Inside Teamwork in a Partnership

This workshop (#4) is part of a four-workshop series. Sign up for one or all four at **heartwellpa.com/therapy-services/workshops.**

Secure your participation today - spots are limited.