



The Steven A. Cohen
Military Family Clinic
at Easterseals

GOTTMAN COUPLES WORKSHOP

This workshop is designed to help couples improve their friendship and connection, conflict management skills, communication, and other skills to sustain a healthy relationship.



Workshop Details:

- ✔ Begins Thursday, **September 7th from 6:00pm-7:30pm.**
- ✔ Four 1.5 hour weekly sessions in person at The Cohen Clinic.
- ✔ Open to military/veteran-affiliated couples regardless of age, orientation, and relationship status. Whether you are dating for a year, or together for 15, you are welcome to attend.
- ✔ Childcare is available on site at The Cohen Clinic.

The Gottman Couples Workshop at the Steven A. Cohen Military Family Clinic at Easterseals is an educational and interactive workshop based on the research of relationship expert Dr. John Gottman.

Contact Us to Get Started

- ☎ (240) 847-7500
- 🌐 info.mfc@eseal.org
- 📍 1420 Spring Street, Suite 300
Silver Spring, MD 20910

This Workshop will be led by Aaron Banas, Psy.D., and Grace Caulfield, LCPC, LPC (DC), LPC (VA), CAC-AD.