



Two Couples Workshops For Building Relationship Skills

Part 1: Foundational Skills

- Learn how to fight & how to repair
- Practice deep listening skills
- Find out how to ask for what you want

Part 2: Deep Dive

- Develop and set healthy boundaries
- Notice what gets you triggered
- Learn new ways to manage emotions

When

Part I—Oct 9, 1-5 pm
Part II—Oct 30, 1-5 pm

Where

8125 SE Pine St,
in Montavilla

How Much

\$150/workshop,
\$250 for both
(per couple)

Questions? Contact Katrina Gould at 503.702.0877 or Sarah Pattee at counselingforcouplespdx@gmail.com. You can also register at www.sarahpattee.com/#contact.

We welcome couples of all ages, races, cultures, genders, sexual orientations and relationship styles.

Sarah Pattee, LMFT
Sarah works exclusively
with couples, with
a focus on sexuality
and bi-cultural couples



Katrina Gould, LCSW
Katrina has been a
psychotherapist
specializing in couples
work for over twenty years