



## Covid-19 and Couples Group

### How to keep your relationship healthy during the Covid-19 pandemic?

Even if you are able to avoid the Covid-19 virus, are you able to sustain a healthy and thriving relationship with your partner? My name is Tracey Srenaski. I am a Licensed Marriage and Family Therapist in the community. I am also a member of *The Well* and complete the Prepare and Enrich for new couples in the church. I am seeing a significant increase in stress and divide within couples in the community and want to help. All couples and partnerships are welcome to join the group.

### Covid-19 and Couples Group Tuesdays November 24th

**What:** Four week group to give support/ guidance to support partnership. The first part of the group will have articles, interactive activities and discussions. The second part of the group, each couple will have time to share and support each other.

Week 1: Remember the Love

Week 2: Current Stressors and Coping strategies

Week 3: Fair Fighting

Week 4: Intentional movement toward each other

**When:** Tuesdays November 24<sup>th</sup>-December 15<sup>th</sup> from 7-8:30 p.m.

**Where:** In your home- we will meet via Zoom

**How to sign up:** **Space is Limited!** Please contact Jen Spickelmier to sign up for the group [jspickelmier@thewellmn.church](mailto:jspickelmier@thewellmn.church). The group is **FREE**, however; there is a suggested donation of \$20 per couple to help with cost.