

We have already learned so much about the bonds of love ... Hundreds of studies tell us, for example, that love is an exquisitely logical survival code and that the ability to reach out, clearly state your emotional needs and respond to your lover's emotional need for comfort, reassurance and connection is the key ingredient in love. ... - once we understand the bonds of love, then we can actively shape these bonds in a way that is new for human lovers. **We can have love that lasts a lifetime.**

*Sue Johnson*



## Keeping Your Love Alive (or how to get it back)

Are you tired of going around in circles with the same argument, or feel like you are living separate lives from your intimate partner? Come and learn more about the new science of love and how to apply it to your relationship.

**Who:** Couples or individuals interested in understanding their intimate relationship.

**What:** Free information session to help you understand what happens in love relationships when we connect or disconnect. Two experienced therapists will guide you through the steps and stages of couple therapy using the model of Emotionally Focused Therapy. Emotionally Focused Therapy is an empirically tested model with a high success rate.

**When:** December 1, 2009 6:30-8:00 p.m.

**Where:** Elgin West Community Centre – Pallisade A  
11099 Bathurst Street, Richmond Hill

**Cost:** Free, but registration is required

**Contact to Register:**

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647-233-5511

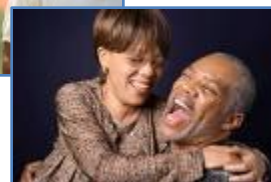
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or

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**For further program information and therapist bios visit:**

[www.heart2heart-counseling.com](http://www.heart2heart-counseling.com)

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