

☑ **ENHANCING COMMUNICATION IN FAMILIES:  
MORE OF IT AND HOW TO IMPROVE IT**

Families are under enormous pressures and demands today:

- caregiving for children and/or aging parents;
- living an economy requiring most married partners to work;
- meeting financial obligations for childcare and future educational needs;
- creating and maintaining quality time with children;
- pursuing advanced education and continuing education;
- acquiring and maintaining effective and quality communication skills with each other;
- affirming and accepting significant differences with each other, especially in blended families;
- learning how to manage effectively occupational, parental and marital frustrations and disappointments;  
-- just to name a few.

These pressures and demands lead to dissatisfaction and hurt within marriages, contributing to a divorce rate that hovers near 60% for first marriages within the first five years, and around 50% for all marriages. Over half of the dilemma within today's marriages is poor communication causing inhibited understanding and partners not feeling safe with each other, and children not feeling safe with their parents or step-parents.

This presentation will address the fundamental principles needed to enhance couple communication, and thereby enhance family relationships and quality of life.

Time flexibility: 20 minutes to 3 hours.  
Handouts will be provided.

Interested persons should contact Chaplain Roy B. Nash by any of the following options:

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\* This seminar/workshop is available from **Roy B. Nash, M. Div., LMFT, LCPC**, a Marriage and Family Therapist and certified Pastoral Psychotherapist, serving in a United Methodist endorsed Chaplaincy and Counseling Ministry called **Belief-focused Care & Healing**.