

## Time Out For Couples



An informal, relaxed one off evening with video clips and couple only discussion (no group work) for couples wanting to focus on their relationship away from the distractions of life!

We'll look at how we can best understand and accept each other, what it takes for us to communicate well and how we can connect at a deeper level. Sounds like something an event any couple could benefit from? Absolutely! Join us - book your free tickets NOW!

Wednesday 20th September

7.30 - 9.30pm

@ Cornerstone, Millfield Lane, York, YO10 3AP

To sign up click [here](#)

For information flyer click [here](#)

Or contact Emma for more details : [emmamarshall@fmy.org.uk](mailto:emmamarshall@fmy.org.uk); 07491 910239

## Couples Mentoring



All couple relationships have their ups and downs. Life's day to day pressures and transitions can start to affect how we relate to each other and our relationships can drift a bit and we can struggle to 'turn up' for our partners.

At Family Matters York we offer some short term couple mentoring and some simple relationship tools to help couples stay close and connected on their relationship journey. Contact us to find out more about the support available to you.

Sessions available all year round at a mutually agreed time.