



**BRACE FAMILY YMCA**

# THE POWER OF CALM FOR MARRIAGE

Calm Down. Grow Up. Get Closer.



**Childcare provided for Members**

**FEB 21 – MAR 28**

**Wednesdays | 6:30 –8:00 PM**

## COST

\$80 per person | Member

\$115 per person | Program Member

\$150 per couple | Members Only

“A great marriage isn’t something that just happens; it’s something that must be created.”  
– Fawn Weaver

Make this the best year yet for your marriage by attending this six-week workshop that teaches couples how to turn natural conflict into opportunities for deeper intimacy. Based on the international bestseller *ScreamFree Marriage* by Marriage and Family Therapist Hal Runkel, this program offers a “Calm Down. Grow Up. Get Closer.” approach to the natural conflict of marriage to help couples express and respond to each other’s needs to create meaningful, lifelong connection.



This program is facilitated by Jenny Cox, a licensed marriage and family therapy associate, certified *ScreamFree Marriage* Leader, and a longtime YMCA member. Jenny and her husband Bill have been married for 16 years, and they have two sons

**SPACE IS LIMITED! RESERVE YOUR SPOT!  
REGISTER ONLINE OR AT THE SALES & SERVICE DESK**

### For more information, contact:

**Jennifer Dodson**, Health & Wellness Director  
704.716.4200 | [jennifer.dodson@ymcacharlotte.org](mailto:jennifer.dodson@ymcacharlotte.org)

### EVENT LOCATION

**Brace Family YMCA**  
3127 Weddington Road  
Matthews, NC 28105  
[ymcacharlotte.org/brace](http://ymcacharlotte.org/brace)