

# Making a Good Relationship Better

*A workshop for couples who are committed, engaged, living together or married*

**Saturday, April 21, 9:00AM – 3:00PM**  
**Room 301, Nassau Presbyterian Church**



*The Rev. Nancy Schongalla-Bowman*

We take our cars in for tune-ups; we get regular dental checkups; we attend continuing education sessions for our jobs; we work out, go for walks and take vitamins. But we tend to assume that our most important relationships will flourish without routine maintenance, building “core strength,” or reflecting on new information.

This retreat will provide a “protein supplement” for attendees as the presenter shares insights from her work with couples and from research about what keeps happy couples happy. There will be guided exercises and conversation between partners and in small groups, and integration with the resources of Christian faith.

Leader: The Rev. Nancy Schongalla-Bowman serves as Director of Student Counseling at Princeton Theological Seminary. She is a licensed Marriage and Family therapist and married 26 years. Her roles include that of parent, step-parent, grandparent, and “partner-in-transition” with her recently retired husband. Coaching couples through the challenges, transitions and joys of a committed relationship is one of Nancy’s loves as a therapist.

Cost for the event is \$40.00 per couple, which includes lunch. Register online on *My Nassau* or in the church office with full payment.

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## Making a Good Relationship Better, Couples Workshop

Name(s): \_\_\_\_\_

Telephone \_\_\_\_\_

Address \_\_\_\_\_

Best email address to receive details: \_\_\_\_\_

I do not use email

Number of persons attending \_\_\_\_\_ Total amount enclosed \_\_\_\_\_

(make checks payable to: *Nassau Presbyterian Church*, memo: *Couples seminar*)

Lunch choices (Please √)

**Sandwiches:**

Roast Beef;  Turkey;  Chicken Salad;  Ham & Cheese;  Mozzarella & Tomato

**Beverage:**  Bottled Water;  Coke;  Diet Coke;  Ginger Ale;  Sprite

**Cookie:**  Chocolate Chip;  Raisin Oatmeal