



The Greek Orthodox Metropolis of San Francisco **Family Wellness Ministry** and the **Office of Youth and Young Adult Ministries** invite you to journey with us through

Eight Dates

Essential Conversations for a Lifetime of Love

by *John and Julie Gottman, Ph.D.*

Held twice monthly on Thursday evenings via 

Our 2024–2025 series will be held Thursdays at 6:30pm PT via Zoom.

- ❖ September 19 ❖ November 21
- ❖ September 26 ❖ December 5
- ❖ October 10 ❖ December 19
- ❖ October 24 ❖ January 9
- ❖ November 7

*Each session is designed by our Family Wellness Ministry team to engage couples in essential conversations. **Topics include:***

- ⊗ Trust & Commitment ⊗ Family
- ⊗ Addressing Conflict ⊗ Fun & Adventure
- ⊗ Sex & Intimacy ⊗ Growth & Spirituality
- ⊗ Work & Money ⊗ Hopes & Dreams



“This series transformed our marriage and got us talking and connecting again.”

☞ *Jenn & Stavros*

*“Over the last four years, over 800 couples participated in our *Eight Dates* program and we’ve received countless positive comments of how this experience strengthened their relationships.”*

☞ *Presvytera Pat Tsagalakis*



LEARN MORE AND REGISTER HERE



familywellnessministry.org/eight-dates

PRESENTED BY



YOUTH & YOUNG ADULT MINISTRIES