



## The Steven A. Cohen Military Family Clinic at Centerstone

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# Making Marriage Work:

## *An Education Group for Couples*

Instructor: King Counts, DMin, LMFT

Did you know that an unhappy marriage can increase your chances of getting sick by 35% and can shorten your life by four years? On the flip side, those in happy marriages have a lower rate of many health maladies which can actually add years to your life.

While marriage therapy can be beneficial, many popular approaches just do not produce long lasting improvement. According to well established research, the relapse rate is 30 to 50%!

The best approach to help couples enjoy a lasting relationship is based upon encouraging deep friendship. These couples know each other intimately and are well versed in their likes, dislikes, personalities, hopes and dreams. Believe it or not, friendship fans the flames of romance because it offers the best protection against being antagonistic toward your spouse.

During the "Making Marriage Work" group, you will learn what not to do, and what you need to do, in your relationship to make it work and work well. If the goal is a truly happy marriage, this group is for you.

**Wednesdays 6:00 p.m. - 7:00 p.m.**

**775 Weatherly Drive, Clarksville, TN 37043**

**931-221-3850 [cohen@centerstone.org](mailto:cohen@centerstone.org)**

Call or email for more information or to register.

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