



Upcoming Events

5 Love Languages & Empowering Couples Workshops - No matter where you are in your married life, we know you want to have the best marriage possible! The 5 Love Languages Workshop is a way to "Breathe New Life into Your Marriage!" These 1 Day Intensive Workshops are designed to teach couples ways to show each other just how much you care! Each of you will learn the types and key characteristics of the 5 Love Languages, your love language and your spouse's love language, and how to love your spouse in a "language" he or she will understand. This class also includes two BONUS sessions on Conflict Resolution and Couple's Communication - the vital link to every aspect of your relationship. Come learn conflict resolution skills and tips on improving your communication as a couple! There is a small registration fee and scholarships are available; Lunch and Childcare are provided (unless otherwise noted below). You do not want to miss these worthwhile couple's workshops in your area!



CASPER - November 8th *Childcare NOT available
10 am - 6 pm @ Natrona County Public Library

DOUGLAS - Nov 15th
8:30 am - 4:30 pm @ First Baptist Church (209 S. 4th Street)

WHEATLAND - January 24th
8:30 am - 4:30 pm Memorial Baptist Church (101 14th Street)

CHEYENNE - April 11th (This workshop will be 5 LL for Singles)
8:30 am - 4:30 pm Location to Be Determined

JACKSON - May 16th
8:30 am - 4:30 pm Location To Be Determined

**Register
TODAY!**

Journey to Love Roundtable Discussion - Join others on an "Inner Journey" as you discover for yourself the path that brought you to where you are today, your true vision of love for your future, and most importantly, how to open your heart to love. In this multi-session discussion and through self-guided writing prompts, you will learn your own relationship habits and keys to a more fulfilling dating experience. This self-exploration tool can help you get on the right track to a lifetime of true love and happiness. Registration is only \$7/person to cover the cost of your workbook; appetizers will be provided. Come to the first session FREE! Once you begin your Journey to Love, you won't want to miss a session!

CODY - Tuesday evenings January 20 - March 10

6:30 - 8:00 pm @ CB's

Think you are NOT in a Stepfamily? Think AGAIN!

Stepfamilies come in all sizes and shapes...sometimes dad remarries and mom does not, but mom is still a part of that stepfamily unit. Or perhaps granddad and grandmom just increased the number of their grandchildren through the second marriage of one of their children; they are now connected to a stepfamily as well. The growing number of second (and subsequent) marriages means most of us are part of or connected to a stepfamily and all the challenges that the new family faces. These special challenges require us to parent, celebrate holidays, and communicate differently. Join us in building SUCCESSFUL Stepfamilies here in Wyoming!

Smart Stepfamily Conferences – For Adults and Children in Stepfamilies

We know that stepfamilies face a unique set of challenges and we also know that stepfamilies can have all the love, unity and success of “traditional” families. Stepfamilies are particularly vulnerable to the myths surrounding the realities of living, loving and growing in a stepfamily relationship. Whether you are part of a newly formed stepfamily, in the dating process for the second time around, or have been in your stepfamily for a while, you will benefit from attending this 2-Day SMART Stepfamily 101 Conference. Forming a foundation for your stepfamily is essential, and we will help you and your kids learn the steps you can take to become a SMART and SUCCESSFUL Stepfamily!

You will discover:

- ★ How the Stepfamily Experience differs from the first family experience
- ★ The Myths and Realities facing Stepfamilies Today
- ★ How to Enhance your Empathy and Understanding within your Family
- ★ Keys to Help Make your 2nd Marriage a Priority
- ★ How to Improve and Increase Positive Communication with Everyone in the Family
- ★ Conflict Resolution Skills for the Whole Family
- ★ How to Avoid Playing the Stepfamily Game
- ★ Parenting Skills in a Stepfamily Setting
- ★ How to Celebrate Your Successes
- ★ and Much Much More!

Join the Wyoming Healthy Marriage Initiative and Other Stepfamilies at one of these locations:

CASPER	Feb 6th & 7th
CHEYENNE	Feb 20th & 21st
GILLETTE	Feb 27th & 28th
ROCK SPRINGS	March 6th & 7th



The Conferences will be held from 5:30 - 8:30 pm on Friday Night and from 9:00 am - 4:30 pm on Saturday. A Pizza Dinner will be served on Friday and Lunch will be served on Saturday. The Cost is only \$5/family. Childcare, meals, take home materials and interactive sessions for parents and children are included. See you there!

Wyoming
Healthy Marriage
Initiative

1-866-WYO-FAMS or Visit us on the Web!
www.WYOFAMS.org