

## In celebration of National Marriage Week

Join us for a fun evening as a couple to learn and practice

# Strategies for Strengthening Relationships

Saturday, February 5th at 6:30pm LCH



Nicole Melchi MEd.MFT.LPCC-S. - Holy Family Parishioner, will present information based on Dr. John Gottman's Sound Relationship House Theory and over 30 years of research. In this interactive presentation, couples will learn and practice ways to enhance trust, understanding, intimacy, self-awareness, empathy, and connectedness.

[www.kentpsychological.com/marriage-counseling/](http://www.kentpsychological.com/marriage-counseling/)

Dinner will be catered by Robert J. Catering. Please RSVP to Barbie Byrne at [byrne@holyfamilystow.org](mailto:byrne@holyfamilystow.org) or 330.688.6412 ext. 272 by Friday, January 21st.

Cost \$30 per couple

**Fresh Garden Salad**  
**Rolls**

**Chicken Marsala**

*Sautéed boneless breast of chicken with moon-lite mushrooms and Marsala wine demi glaze*

**Stuffed Peppers**

*Red and green peppers filled with seasoned ground meat & rice, served in tomato sauce*

**Smashed Red Potatoes**

**Green Bean Casserole**

**Dessert included**

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Make checks payable to Holy Family Parish

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

Number of Attendees: \_\_\_\_\_

Email Address: \_\_\_\_\_