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FOR IMMEDIATE RELEASE

**MARRIAGE RESOURCE CENTER HOSTS WORKSHOP PROMOTING
HEALTHY RELATIONSHIPS**
Local workshop focuses on helping couples manage arguments better

Dearborn- June 1, 2010- Arguments are a fact of life in any relationship. But unhealthy arguments can lead not just to a broken marriage, but to broken dishes and hurt feelings as well. The Marriage Resource Center (MRC) is here to help. They are offering a weekend retreat at the Doubletree Hotel in Dearborn to help couples be better equipped to handle arguments. The retreat is on Friday, June 25 from 6-9pm and Saturday, June 26 from 9am-3pm. Participation both days is required. The cost is \$50 per couple for first time attendees. Included is an overnight stay at the hotel and an 8 hour workshop along with breakfast and lunch on Saturday.

The retreat follows the Prevention and Relationship Enhancement Program (PREP). It is a research based conflict-resolution program that teaches couples how to fight for a successful relationship. Some of the skills taught in the workshop are:

- Good listener skills
- Good speaker skills
- How to solve problems
- Ground rules for safe relationships
- Skills for talking about difficult issues
- How to forgive and move-on

Break the cycle by learning skills to gain satisfaction and lessen stress in your relationship. The workshop is ideal for any married couple at any stage in their relationship. To learn more about the program, the MRC or to register for the retreat, please contact Amanda Williamson at 313-278-4400 or visit www.mimarrriage.org.

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