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FOR IMMEDIATE RELEASE

## **Local workshop focuses on creating healthy relationships**

**Dearborn- December 18, 2009-** Arguments are a fact of life in any relationship. But unhealthy arguments can lead not just to a broken engagement or a broken marriage, but to broken dishes and broken bones as well. Are you in a relationship Perhaps what's needed is some training in how to fight fairly, safely, and more effectively.

The Prevention and Relationship Enhancement Program (PREP) is a 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

The PREP program will be offered on the following Fridays: January 25, February 1 and February 8. Attendance at all three workshops is mandatory. It will be held at the Guidance Center at . To learn more about the program, or to register for the workshop, please contact Amanda Williamson at 313-278-4400 or e-mail her at [community@mimarrriage.org](mailto:community@mimarrriage.org).

To learn more about the Marriage Resource Center, a not-for-profit organization dedicated to improving the quality of marriage and family relationships in Wayne County, check out its website at [www.mimarrriage.org](http://www.mimarrriage.org).

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