

# Effective Communication for Couples



A workshop for couples facilitated by  
**Gwen Schauerte, M.Ed.**

**In this two hour workshop, you will learn how to:**

- Cut through arguing and work on building connection together
- Take time to express yourself more directly and hear your partner better
- Grow closer and deepen intimacy

Models include active listening, compassionate communication and Imago couples dialogue

**Time:** Tuesday, July 22, 2014, 7:00 to 9:00 pm

**Location:** 692 Euclid Ave, Toronto, Bathurst subway station  
TS Medical Centre group room lower level. Parking lot adjacent to the building)

**Fee:** \$120.00 per couple, payable upon registration.

**Couples and individuals are welcome • Individuals will be paired with another individual •  
LGBTQ positive space • Suitable for both new and long term couples  
• A few spaces for volunteer-participants are available**

**To register: Email Gwen at [info@effectivetherapy.ca](mailto:info@effectivetherapy.ca)**

## About Gwen Schauerte

- Compassionate therapy for life challenges: depression, anxiety, self esteem, boundary setting, parenting, trauma and more
- Master's of Education degree (University of Toronto) and certificates in Couple's Counselling, Addictions and Trauma
- Clinical member of the Ontario Association of Consultants, Counsellors, Psychotherapists and Psychometrists
- Helping clients to navigate transitions, transform relationships and grow personally since 1991

"Gwen...consistently demonstrates compassionate listening skills as well as wisdom and an intuitive sense of what is needed in the context of the therapy process. As a woman she is impressive with her ability to empower the other women in the group and to demonstrate this in her own life and close relationships. She is also a student of yoga and is able to demonstrate her skills and knowledge in this discipline in such a way that a deeper sense of relaxation and balance is created in her students."

**Dr. George Lewis, M.D., Toronto**