



The Greek Orthodox Metropolis of San Francisco **Family Wellness Ministry** and the **Office of Youth and Young Adult Ministries** invite you to journey with us through

# Eight Dates

*Essential Conversations for a Lifetime of Love*

by John and Julie Gottman, Ph.D.



Our 2024–2025 series will be held **Thursdays at 6:30pm PT via Zoom.**

- ✿ September 19
- ✿ September 26
- ✿ October 10
- ✿ October 24
- ✿ November 7
- ✿ November 21
- ✿ December 5
- ✿ December 19
- ✿ January 9

Each session is designed by our Family Wellness Ministry team to engage couples in essential conversations. **Topics include:**

- ⊗ Trust & Commitment
- ⊗ Addressing Conflict
- ⊗ Sex & Intimacy
- ⊗ Work & Money
- ⊗ Family
- ⊗ Fun & Adventure
- ⊗ Growth & Spirituality
- ⊗ Hopes & Dreams



“This series transformed our marriage and got us talking and connecting again.”

✿ *Jenn & Stavros*

“Over the last four years, over 800 couples participated in our *Eight Dates* program and we’ve received countless positive comments of how this experience strengthened their relationships.”

✿ *Presvytera Pat Tsagalakis*



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PRESENTED BY



YOUTH & YOUNG ADULT MINISTRIES

[familywellnessministry.org/eight-dates](http://familywellnessministry.org/eight-dates)