

Calling Lorain County couples! If you want to learn tips and techniques for an even better relationship, PREP is for you!



FREE Relationship Education

PREP is perfect for couples at any stage of their relationship, who want to learn to get along even when times are tough

Just 2 sessions, totally FREE

In PREP (Prevention and Relationship Education Program), you and your partner will learn:

- the role of physical, emotional, and commitment safety in creating a healthy relationship
- the “Three Keys to Success” to improve your relationship
- communication and conflict management skills
- how to protect and nurture the positive aspects of your relationship

This is NOT couples counseling, but it will help you navigate your day-to-day relationship with your loved one.

Join trainers Shelle Mathis, LPCC, and Jessica Holland, LPCC, for PREP, offered with the support of the Lorain County Board of Mental Health.

Open to Lorain County couples only.

Register: lcbmh.eventbrite.com



Two Saturdays mornings to a stronger relationship. Both partners must attend both days:

December 1 & 8, 2018

8:00 a.m. - 12:30 p.m.

Amy Levin Conference Center
1165 North Ridge Road East, Lorain