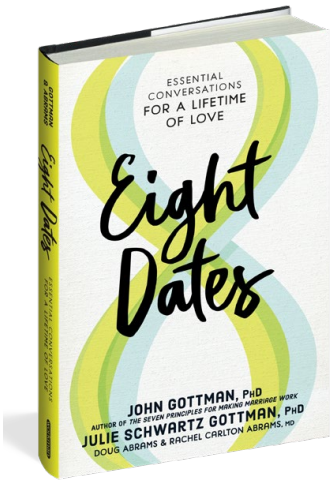


The Greek Orthodox Metropolis of San Francisco **Family Wellness Ministry** and the **Office of Youth and Young Adult Ministries** invite you to journey with us through

Eight Dates

Essential Conversations for a Lifetime of Love

by John and Julie Gottman, Ph.D.

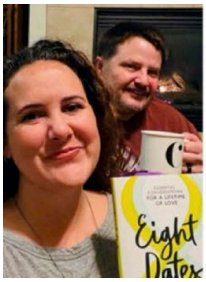
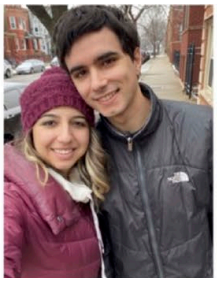
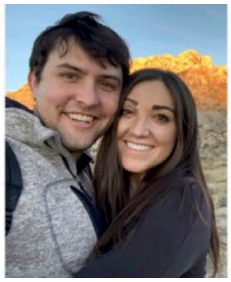
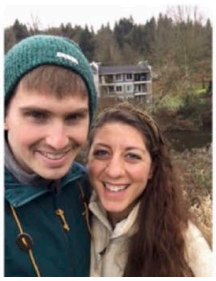
Held twice monthly on Thursday evenings via Zoom

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

learn more & register here

presented by

Metropolis of San Francisco

Family Wellness ministry
Greek Orthodox Metropolis of San Francisco

Youth & Young Adult Ministries