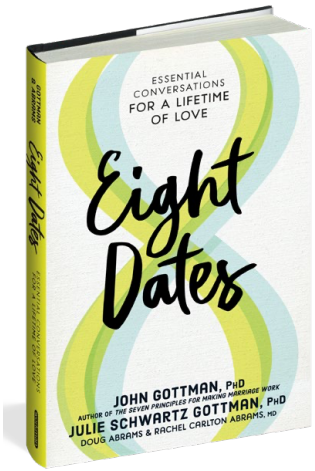

The Greek Orthodox Metropolis of San Francisco Family Wellness Ministry invites you to journey with us through

Eight Dates

Essential Conversations for a Lifetime of Love

by John and Julie Gottman, Ph.D.

Join us Thursday evenings on Zoom

*Our FALL **2026** series will be held **Thursdays at 6:30 pm PT** via Zoom*

September 10	November 5
September 24	November 19
October 1	December 3
October 15	December 10

*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
- 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

Family Wellness ministry
GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO

Metropolis of San Francisco

This Fall we encourage Clergy Couples to join us!

For more information and registration link - visit our website: familywellnessministry.org/eight-dates/