

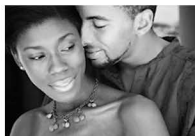


*Healthy relationships
are the key to a
healthy and
successful life.*

Healthy Relationships. Success in Life.

What is RetMa?

A 6-week skills-building curriculum* for building and sustaining healthy relationships that empowers participants to achieve their goals in any type of relationship, in a mutually beneficial way.



RetMa Goals:

- ✓ Development of healthy habits that stabilize relationships
- ✓ Help for those in unhealthy relationships to leave safely
- ✓ Choosing partners wisely

Topics Covered:

- ✓ Effective Decision-making
- ✓ Conflict Management
- ✓ Trust & Forgiveness
- ✓ Smart Communication
- ✓ Smart Love
- ✓ Self-Awareness | Self-Understanding
- ✓ The parent-child relationship: where it all began...
- ✓ What does a healthy marriage look like?

Should I try it?

If you're interested in having a healthy relationship with either your: partner | co-worker | parent(s) | sibling(s) | neighbor(s) | children, even with yourself, then RetMa is FOR YOU.

Plus, did we mention it's conducted in a relaxed, fun, interactive group setting?

Call (219) 886-1111 TODAY!



Indiana Parenting Institute
Great Parenting Happens Here!

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* based on the *Within Our Reach*® curriculum