

LOVE DOESN'T GIVE YOU
A RELATIONSHIP MANUAL

We will.



You&Me.**WE**
Relationships for Life
A program of Family Resources

Whether you're dating, newly married, in a committed relationship, raising kids, nurturing a blended family or empty nesters, **you can benefit from relationship education.**

The You&Me.WE program is dedicated to strengthening the relationships of teens, singles and couples. As a program of Family Resources Inc. serving Pinellas and Manatee Counties, we are committed to supporting children and families in crisis.

We know that couples in healthy relationships are physically, emotionally, spiritually and socially healthier. Even more importantly, couples in healthy relationships raise healthier children. These are kids who do better in school, are less likely to be involved with crime or drugs, demonstrate strong social regard and skills, are likely to obtain higher levels of education, have less depression and enjoy better overall health. These children are our future.

OUR MISSION

Is to educate and encourage individuals and couples to achieve and sustain safe, healthy and mutually beneficial relationships for life. You&Me.WE offers workshops, retreats and couples coaching services that can really make a difference.

You&Me.WE is here to encourage and support you along your journey.

Visit us @ www.youandmewe.org

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COUPLES WORKSHOPS

FOR COUPLES WHO WANT TO MAKE A GOOD THING BETTER

RELATIONSHIP GOALS

TOOLS TO NAVIGATE YOUR LIFE TOGETHER

Preserve & enhance fun, friendship & intimacy
Learn to work through common relationship challenges
Learn to communicate clearly & safely

LOVE SMART

DISCOVER RENEWED H.O.P.E.

Create a more open environment for relaxed communication
Get your needs met while meeting those of your partner
Manage conflict & strengthen your relationship

Register @ www.youandmewe.org





COUPLES GROUP COACHING

FOR COUPLES EXPERIENCING RELATIONSHIP STRESSORS

MORE LOVE, LESS ARGUING

KEYS TO HAPPINESS

Learn how to give & receive love

Learn to discuss issues with your partner without making anyone wrong

Learn how to accept & appreciate each other more

STEP UP

TAKE YOUR RELATIONSHIP TO THE NEXT LEVEL

Advanced techniques on communication

Identify healthy habits & save your relationship

Advanced techniques on how to forgive & be forgiven

COUPLES RETREATS

FOR ALL COUPLES

For a list of couples retreats currently being offered, please visit us online @ www.youandmewe.org.

[This retreat] gave us the tools to solve a problem that has been a conflict for over two years.

~ Comment from a recent participant

COUPLES COACHING

FOR FRAGILE COUPLES

There's still a chance

Tackle the tough problems together

Please Call: **866.961.5708** in Pinellas

or **941.741.3849** in Manatee

(Make sure to mention You&Me.WE)

Register @ www.youandmewe.org



SINGLES

HOW TO AVOID FALLING IN LOVE WITH A JERK(ETTE)

LEARN TO FOLLOW YOUR HEART WITHOUT LOSING YOUR HEAD

Recognize subtle, hidden signs of future problems
Learn to ask the right questions to inspire meaningful, revealing conversations with your partner

LOVE YOURSELF BEFORE YOU LOVE AGAIN

IT'S TIME YOU HAVE THE RELATIONSHIP YOU WANT & DESERVE

Break destructive relationship patterns & learn the secrets of lasting relationships

Define your relationship deal-makers & deal-breakers & create a relationship success plan

Identify early warning signs of dysfunctional & abusive relationships



Register @

www.youandmewe.org



SINGLES

DATING 101 for TEENS (15-17 only)

Learn the healthy way to “hook up.”
Understand what love IS and IS NOT.
Learn how to break up. Because, you know what? It happens.

REDISCOVERING YOU (couples welcome too)

Identify where you want to go in life & who will go with you
Identify & change negative habits of communicating & relating with others



SINGLES & COUPLES

THE FREEDOM OF FORGIVENESS

FIND A HAPPIER, HEALTHIER RELATIONSHIP

Learn what forgiveness is, the benefits of forgiveness & why it is so important

Understand why it's sometimes very difficult to forgive & learn how to start the forgiveness process

SINGLE MOMS

FOR PREGNANT OR RECENTLY DELIVERED MOMS (DADS WELCOME TOO)

RELATIONSHIP EDUCATION 101 FOR EXPECTANTS

Focus on your emotional health so you can build a healthy relationship with your partner & child(ren)

Learn communication skills that will enhance your couple & parent/child relationships

Create a more positive environment at home

Register @ www.youandmewe.org



SUCCESS STORIES

It has truly saved our marriage of over 20 years and I know that by doing this, it will make an impact in my children's lives. Funding for programs like this is essential for our communities.

Michael ~ Couples Retreat, Feb. 2010

Perfect timing – YOU, I believe have saved a marriage about to fall off a cliff.

Participant ~ Love Smart Couples Retreat, Nov. 2009

This was so powerful – it has literally put hope and life back into our struggling relationship. We leave so encouraged and rewarded.

Participant ~ Couples Retreat, Feb. 2010

I have had a series of “unbalanced” relationships in my recent past and now feel that I have the tools to move in a positive direction.

**Participant ~ How to Avoid Falling in Love with a Jerk(ette)
Singles Workshop, Oct. 10 2009**

I wish I had this info years ago. It would have saved me years of bad relationships, money, heartache, stress, etc.!!

Participant ~ Rediscovering You Singles Retreat, Oct. 2009

We were able to have discussions and resolutions here that have not been able to at home.

Participant ~ Couples Retreat, Feb. 2010



OUR POSITION IS SIMPLE

If more people invest wisely in their relationships they will grow stronger. Stronger and healthier relationships mean less separation and divorce and better outcomes for children and communities.

Register @ www.youandmewe.org

In Pinellas:

5180 62nd Avenue North
Pinellas Park, FL 33781
Cindy: 866.600.6064

In Manatee:

361 6th Avenue West
Bradenton, FL 34205
Laura: 941.708.5894



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