

○ **Clarity Clinic**

Join our Couple and Family Therapy interns for a four-week group to learn new skills for your relationship. All couples, polycules, and people of all gender identities and sexual orientations will be affirmed and welcome! 18+ Group

## Relationship Conflict

## Management Group

Using Gottman  
Method Couples  
Therapy Techniques

- **Are you and your partner(s) stuck having the same arguments?**
- **Do the holidays tend to bring up conflict in your relationship(s)?**
- **Do you feel like you and your partner(s) struggle to communicate effectively when under stress?**
- **Do you have a New Year's resolution to work on improving your relationship(s)?**



**MONDAYS • 5:30 - 6:30 PM VIA  
TELEHEALTH**

For more information or to join the group: contact both Liliana Alfaro at [lalfaro@claritychi.com](mailto:lalfaro@claritychi.com) and Michela Stevenson at [mstevenson@claritychi.com](mailto:mstevenson@claritychi.com)  
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