

Workshops for Couples and Individuals

Our workshops provide individuals and couples with tools and resources to live a more balanced and satisfying life. Our workshops are brief—lasting only a few hours. They are low cost and packed with information. You will leave each workshop with extensive materials and resources to remind you of what you learned. The following workshops are currently available. If you wish, we can customize them for your church, synagogue, community center, health club, or other organization.

- Rekindle Your Romance *(for couples)*
- Living and Loving After Prostate Cancer *(for couples)*
- Transforming a Time-Starved Relationship *(for couples)*
- Making and Keeping Peace in your Home *(for couples)*
- Beating Burnout, Stress, Fatigue and Aggravation
- Deep Listening to Yourself and Others
- Using Ceremonies for Change



Groups

Our groups are a powerful, low cost, time-limited method of personal transformation. They are small, safe, confidential, and continue for a number of sessions.

See our [Coming Events](#) page for our group descriptions, current calendar of events, and registration information.

For additional information, call Sandy at **480-990-9128** or email sandy@couples-counseling-phoenix.com.

[Print in PDF format](#)

Sandy Jardine, MS, LPC ♥ Douglas Jardine, Ph.D., LMFT, LISAC
7411 E. 6th Ave., Suite 204 / Scottsdale, Arizona 85251