



**COUPLES
COMMUNICATION
Information for Patients and Families
Covenant Health
Mental Health Program
Grey Nuns Community Hospital & Misericordia Community Hospital**

Communication

When there is a breakdown in family relationships, it is often due to ineffective communication. Some couples resort to verbal and or physical battles. For others, the “warfare” is waged in silence, ignoring each other, avoidance or other forms of “passive aggression”. Hurt feelings result all around.

The tensions generated poison the atmosphere for all members of the family. Children are affected both directly and indirectly.

The goal of the Couple’s Communication Group is to teach communication skills that facilitate honest, direct, caring dialogue between couples.

Once barriers are broken down and open communication is flowing, all relationships benefit. Fractured families become functional families.

Our model is based on the philosophy that often couples are drawn to each other for reasons of which they are unaware. These reasons are based on early life experiences.

This group will assist in understanding these reasons. It will aid in growth as a couple and as individuals.

Skills learned can be useful with other family members and thus enrich the life of the entire family.

Couple’s Communication Group consists of 4 – 6 couples meeting for 1 ½ hours for ten (10) weekly sessions.

Currently, the group meets Tuesdays from 4 – 5:30 pm. There are also two (2) follow up sessions held at a later date.

Referral from your doctor or therapist can be made to:
780-735 – 7517

Where can you get more information?

- ask your doctor or nurse
- call Health Link - 780 408-5465

Notes

This information was produced by the Patient Education Committee in the Mental Health Program, Covenant Health in January 2009. Permission is given to photocopy as is. Reorder Form # 51116