**Registration Info For:**

**TUNE IN to Relationships**

8-Week Online Interactive Series

**TUNE IN to Relationships – 8-Week Online Series** (See course description on next page)

**Dates:** **Apr 10 -to May 29, 2022, 8 Sundays**

**Time:** 1pm-2:30pmET (plus 30 min Q&A until 3pm)

Teacher/Creator: Dr. Marcia Kostenuik MD FCFP CCFP BSc

Fee: $800 +HST

Early bird rate: $400 +HST (by March 27, 2022)

Note: you may contact marcia@drkostenuik.com to request a compassionate fee reduction

**Additional details:**

Each weekly Zoom session will include practical strategies as well as opportunity for interaction, peer connection and support. A 30 min Q&A will follow each 90 min session. Recordings of the teachings and strategies will be available after the session for those who are unable to attend or who would like to review the content. Attend on your own or with a partner. There is no additional fee for the partner. Partner may attend any or all sessions. This is a safe, welcoming, inclusive space for all couples.

**Registration Instructions:**

**A. Make payment by e-transfer to: marcia@drkostenuik.com**

-please be sure to add HST (e.g. 13% for Ontario, use your provincial rate)

**B. Email the Following Registration Information (or this form) to: marcia@drkostenuik.com**

* 1. **Full Name** (Legal Name, other name(s) if applicable)**:**
  2. **Cell phone number** (You may receive text msg updates)**:**
  3. **Province, Country:**
  4. **Profession/role(s):**
  5. Specialty (if applicable):
  6. Other areas of interest (work/other):
  7. What are your main relationship challenges, questions, or concerns?:
  8. Goals - What do you hope to gain from this course?:
  9. Indicate that you agree to the terms of agreement (see terms below):  I agree

**Agreement**

By registering for this online interactive series, you are agreeing to the following:

* + This series is not psychotherapy or medical advice, and is not couples therapy
  + You are responsible for your own choices and decisions related to work, relationships, habits and lifestyle and all other aspects of your life
  + It is expected that you will respect the privacy of all participants
  + This is an inclusive safe space for diverse participants
  + You will not share legal/medical-legal, highly contentious, or sensitive personal information or information that could be triggering (e.g. of past trauma) to other participants
  + You will not share course links or written materials with others not registered in the series
  + If you require psychotherapy or mental health support, you will contact your physician or other appropriate mental health care provider
  + If the course is full at the time you register your registration fee will be refunded

*Thank you again for registering for the* **TUNE IN to Relationship** *series, and congratulations on taking a step towards a healthier and more enjoyable relationship.*

*Feel free to reach out with questions to* [*marcia@drkostenuik.com*](mailto:marcia@drkostenuik.com)*.*

*Once your e-payment is received you will receive confirmation, a receipt, and more information.*

*Wishing you well, and looking forward to seeing you soon,*

***-Marcia***

**Dr. Marcia Kostenuik MD**

marcia@drkostenuik.com

www.drkostenuik.com

# TUNE IN to Relationships – 8-week Series

**Course Description**

# This series is designed to support individuals and couples wanting to make their relationship stronger, healthier, more intimate, and more enjoyable. Each session will start with a mindful arrival practice followed by step-by-step instruction on how to better understand yourself and TUNE IN to your relationship. The TUNE IN method will provide you with knowledge, practical skills, and exercises to help you get unstuck from long-standing difficulties and find greater happiness and peace in your partnership.

# In this series, you will learn how to:

# better understand yourself and your partner

# communicate your needs and wants without triggering defensiveness

# safely share feedback

# increase trust in your relationship

# negotiate roles & logistics

# build greater intimacy

# create habits that support a healthy and lasting relationship

**More info and resources at drkostenuik.com**

**Contact info: Dr. Marcia Kostenuik**

[**marcia@drkostenuik.com**](mailto:marcia@drkostenuik.com)

**Text/cell: 705-220-7245**