



His & His: Creating Love for Life

Triangle Community Center
invites you to a
free introductory workshop
March 13, 7-8:30PM
16 River Street, Norwalk, CT

Building a gay relationship that lasts: A hearts-on workshop for gay men and couples

How do we create relationships that embody our values and build our community?

In this 90-minute introductory workshop, together we will explore topics such as:

- **My mama done tol' me:** what our families of origin teach and don't teach us about the committed relationships we want.
- **Myths and roles:** alpha males, tops, bottoms, and who's the cook?
- **Heroes, villains, and victims:** is gay drama the spice we want in our lives?
- **Letting go of fear:** build trust and get what we yearn for.
- **Horn-dog obedience training:** sex and gay love – the dance of a lifetime.

We will explore these topics and others in greater depth during our bi-weekly series of workshops, held at TCC. Exchange: \$25 per session or \$100 for the series. 20% benefits Triangle Community Center. Contact the coaches (see below) with questions and to register.

All sessions

Tuesdays: 7-9pm.

April 24

May 8

May 22

June 12

June 26

Your Coaches:

David Carter is passionate about possibility because he lives it. He has been teaching and consulting for over thirty years. In 2009, he transformed his experience as an architectural project manager into a new career in organizational development, life coaching, and leadership training. He maintains a private practice in personal and relationship coaching. He is married to Robert Parker, his partner of 25 years, a proud grandfather, and thrilled to be bringing his skill set home to the gay community in these workshops.

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Jami Patterson believes, "we are all equal humans and we all deserve to live our best life." Jami has spent her entire life encouraging, counseling, and supporting family, friends and co-workers to follow their dreams. After living on three continents and enjoying many cultures with her husband and three children, Jami has completed the coaching program at NYU, and runs a successful coaching practice. Jami and GROW Coaching inspire and guide open minded people to live life with abundant thinking and gratitude.

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