



# **Couples @ Cashmere**

## **A series of seminars for stronger relationships**

**Cashmere Presbyterian Church**  
(cnr Dyers Pass Rd & McMillan Ave, Cashmere, Chch)

Sunday evenings beginning 22 May 2016

Each evening runs from 7.30 till 9.30pm.

The format will include a half-hour presentation on the topic, time for you as a couple to discuss privately together, and time to relax and chat with others over supper.

Cost is \$10 per couple per evening,  
includes a glass of wine, beer or juice on arrival.

You are welcome to attend just one seminar, or the whole series. Please contact the Cashmere Presbyterian Church office to book in:

phone: 332 7129

email: [office@cashmerechurch.org.nz](mailto:office@cashmerechurch.org.nz)

*All couples welcome, whether you are preparing for marriage, newly weds, or been together for decades!  
We all have more to learn.*

## **Sunday 22 May, 7.30pm**    **Opposites Attract?**

The chemistry of attraction and the art of staying in love.

*Seminar presenter: Silvia Purdie  
(Minister at Cashmere Presbyterian Church)*

## **Sunday 19 June**            **How to be Happy**

Strategies that work from a new global survey on happy relationships.

*Seminar presenter: Murray Cameron  
(Therapist at Petersgate Centre)*

## **Sunday 10 July**            **‘Venus calling Mars’**

How men and women communicate differently, and how to get a better connection.

*Seminar presenter: Chris Purdie  
(Army Chaplain at Burnham military base)*

## **Sunday 31 July**            **Fighting Fair**

Dealing with conflict honestly and constructively.

*Seminar presenter: Murray Cameron*

## **Sunday 21 August**            **Under Pressure!**

Resilience in the face of stress; how to pull together not apart.

*Seminar presenter: Blair Stirling  
(Director of Te Whare Awhero in Hornby)*

