

Help for relationships under stress



SmartLoving BreakThrough Online is for anyone whose relationship is going through a period of stress and disillusionment. It's from the providers of the SmartLoving Marriage Preparation Course that currently runs very successfully in several of our Pastoral Areas.

Breakthrough the issues at play in your marriage:

- Identify your conflict triggers
- Learn strategies to de-escalate an argument
- Find constructive ways to re-establish connection

Who should register?

- Couples in stable marriages who are experiencing disconnection
- Husbands or wives, with or without their spouse, in stressed marriages
- Those who are separated or divorced and want insight into what went wrong.

BreakThrough is an online course that teaches participants how conflict arises, and how to take simple steps to heal the wounds and restore hope. It is private, confidential and effective and can be worked through in three hours. It can be taken by a couple, or just one of them individually, and can be accessed at any time: <https://smartloving.org/bto-uk> .

- **Learn how arguments happen:** manage them better or avoid them altogether
- **Understand your internal drivers:** and how your spouse is triggering you
- **Process the pain of past injuries:** making you stronger and less reactive
- **Restore hope for your relationship's future:** with practical strategies.

There's a free sample at <https://smartloving.org/breakthrough/>.

Currently there's a reduced price of £24: if that cost is prohibitive, and we know that finances are a major difficulty just now for so many people, email mflnr.cd@gmail.com as we are able to provide a free access code to those in greatest need. Your email will be strictly confidential and used in line with GDPR.

Mrs Samantha Canning, Chair
Marriage and Family Life Commission, Diocese of Northampton
mflnr.cd@gmail.com