

# the third OPTION

BUILDING HEALTHIER

*Marriages*

The Third Option is a group program designed to build marriage skills.

**Work on your marriage from the comfort of your own home!**

**June - September 2021 Online Meetings**

**SUNDAYS FROM 7:15-9:00 PM**

- June 6th** Coping with Control Issues:  
It Doesn't Have to Be This Way
- June 27th** Listening Beyond the Words:  
The Miracle Skill
- July 11th** Appreciating Personality Differences  
Yes, Appreciating!
- Aug. 15th** Recognizing Childhood Baggage  
Saves Misunderstandings
- Sept. 12th** Handling Anger Constructively:  
It Can Be Constructive

***ALL ARE WELCOME!***

Contact Stephanie Stewart for more information or to join the meetings at: [ssewart@syrдио.org](mailto:ssewart@syrдио.org) or (315) 472-6728.