

# Rooted Together

## A Relationship Growth Journey

Rooted Together is your space to grow closer, deepen your awareness as a couple, and create the relationship story you want to tell, together.



This 6-session relationship growth journey is designed for couples at any stage; whether you're moving in together, preparing for marriage, or simply looking to invest more deeply in your relationship. Instead of focusing only on topics like money or parenting, we explore the foundations beneath those topics – the worldview each person brings, your attachment style, how past grief and loss might shape your connection, how you communicate, and how you experience intimacy.

**Ready to rewrite your  
love story?**

Cost: \$300 for the 6-session program

**Referrals and inquiries welcome!**

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-  Telehealth Available Across Canada



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### Overview of Session Topics

#### Session 1 - 75 minutes

##### Communication and Flexible Thinking

**Guiding Question:** What is your primary motivation for communicating, to be understood or to convince? Why?

#### Session 2 - 90 minutes

##### Attachment Styles

**Guiding Question:** What is your primary attachment style, where did it come from and how does it affect your present relationship and future marriage?

#### Session 3 - 75 minutes

##### Meaning Making & Worldview

**Guiding Question:** What is your meaning-making paradigm, where did that come from, and how does that affect your everyday life?

#### Session 4 - 75 minutes

##### The Sex Talk

**Guiding Question:** To what extent is sexual intimacy important for me/us?

#### Session 5 - 75 minutes

##### Past Grief and Loss - Effects on your Relationship

**Guiding Question:** How does your history with grief and loss affect your ability to give and receive in a marriage relationship?

#### Session 6 - 75 minutes

##### Posture: Assuming Positive Intent

**Guiding Question:** What is my posture when approaching my partner when I am feeling different emotions?



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