

Make time for 

THE RELATIONSHIP AT THE HEART OF YOUR LIFE.

THE CONNECTED Couple™

5-PART RELATIONSHIP ENRICHMENT SEMINAR SERIES

Learn together. Practice privately. Grow together. 

The Connected Couple™ is a therapist-led, evidence-informed seminar series that gives couples practical tools to strengthen communication, deepen connection, manage stress together, cultivate appreciation, and bring more joy and playfulness into everyday life.



THERAPIST-LED

Facilitated by an experienced Registered Marriage Family Therapist (RMFT).



EVIDENCE-INFORMED

Grounded in research and best practices in healthy relationships, attachment, emotional regulation, and positive psychology.



PRACTICAL TOOLS

Real-life strategies you can use right away to communicate better, regulate together, and strengthen connection.



COUPLE-FOCUSED

This is education, not therapy. Activities are done privately with your partner—not shared in the group.



A 5-SESSION JOURNEY TO A STRONGER, CLOSER RELATIONSHIP



1



COMMUNICATE & DE-ESCALATE

Recognize patterns, slow down escalation, express needs, listen to understand, and reconnect after difficult conversations.

2



UNDERSTAND ATTACHMENT & CONNECTION

Explore attachment styles and how they can influence the way you respond, communicate and connect in your relationship.

3



REGULATE & CO-REGULATE

Learn practical strategies to manage stress, calm together, take effective pauses, and return to connection with more ease and understanding.

4



APPRECIATE & CHOOSE POSITIVE

Cultivate gratitude, positive perspective, and appreciation to strengthen love and goodwill every day.

5



REIGNITE PLAYFULNESS & PRIORITIZE US

Bring back friendship, laughter, and fun. Create intentional connection moments and make your relationship a priority.



LOCATION

Halifax, NS

Central location with free parking



STARTS

Thursday,
October 16, 2026

Thursdays
6:30 – 8:00 PM
(5 weeks)



WHO IT'S FOR

Couples who want to strengthen their relationship and invest in their future together.

INVESTMENT
\$550
PER COUPLE

FOUNDING COHORT RATE

Includes two participants
(Limited to 7 couples / 14 people)
Weekly payments available!
5 payments of \$115



IMPORTANT: The Connected Couple™ is a psychoeducational seminar series, not therapy. You will not be asked to disclose personal relationship concerns in the group. **This program does not promise or guarantee specific results.**



Yellowfinch
Counselling & Wellness Inc. 

YOUR FACILITATOR

AIMEE POOLE, RMFT
Registered Marriage Family
Therapist (RMFT)
Certified Relationship Coach



Questions? 

We're here to help. 

Register now! 

Spots are limited.
Secure your spot on Eventbrite.

 www.yellowfinchcounselling.ca
 info@yellowfinchcounselling.ca

