



Thought of the Month News and Notes

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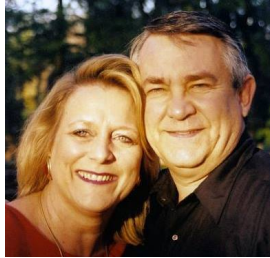
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Dear Friends,

During these "challenging" times...Wait! How many times have you heard that statement? Well, many times I am sure. Whether or not we are tired of this...pandemic, challenge, whatever you call it, we have a long way to go. Please know that Donna and I are keeping you all in our hearts and minds and praying for those of you touched by this virus in the most heartbreaking ways. Many have lost loved ones or friends and others are touched by financial and emotional distress. We are aware that some lives will be changed forever.

We feel that there is a very concrete way we can help. Using our many years of training and experience, the month of June will be unique to us. We will hold Zoom sessions every Saturday with different themes, all of which we know are impacting lives right now. Please consider joining us for any and all of the sessions.

Stay well. Be loving.

[Be Sure to "Like" Us on Facebook!](#)

Keep in touch!

David (and Donna)

MAY: June Is "Enhance Your Relationship" Month

Donna and I are disappointed at the real possibility of not having our wonderful couples in our home for the foreseeable future. So....we are creating alternative ways to connect with and support couples during this time. We are in the process of designing an online mini parenting workshop which we hope to offer this summer. Also, we are looking at other online opportunities to introduce folks to Imago in lieu of our workshops.

In the meantime, we are offering more Saturday night Zoom sessions for Imago couples through the month of June. We recognize that the pandemic has a limiting effect on all of us. There are so many things we cannot do. But one thing you can do is give extra attention and energy to your relationship. And we can help you by inviting you to one or more of our Saturday night sessions through June. We have found our first two nights to be very successful. The group experience will provide the opportunity to both gain from the group as well as to privately focus on your Space. And not to worry if children or pets appear. That is the real world... and you have a mute button.

**June 6 or June 27, 7:00 to 9:00 p.m.-
"Connection and Celebration"**

The theme will be nurturing and replenishing your Space. We will provide a brief review of important concepts like "the bridge" and "your connection". We will guide you through some processes and help you create an action plan to sustain your experience.

**June 13, 7:00 to 9:00 pm.---"Emotional and Physical Intimacy (i.e. Romance and Sex)"
The theme will be looking at ways to**

promote more safety in order to regain or enhance romance and physical intimacy. We will share our thoughts on what makes it more difficult just now and also what paves the way for relationships to feel safe enough to step into intimacy. We will provide you with simple dialogue structures to understand each others' emotions and needs.

June 20, 7:00 to 9:00 pm---"Living with Others... of All Ages"

The structure of many families has changed during this "crisis." Many have found that their households have grown with adult children returning and/or extended family coming to live under one roof. The addition of family members brings both blessings and challenges. The theme of this evening will be developing strategies for best navigating the sudden addition of folks all living together. We will share some tips and guide you through safe conversations in order to find strategic and fulfilling ways to thrive in this new environment.

We are quite excited to gather with you in this way. When you register, please let us know of specific questions or concerns you would like us to address.

The fee is \$100 per couple for each session. If you register for two or more sessions the fee is \$75 per session. However, if you have been negatively impacted by the pandemic, you are welcome to pay what you can or nothing at all. (For payments other than \$100 please call us.)

You May Register Here on Our Website

Or you can call us at 301-404-7711- David or 301-898-0527- Donna. The number of couples will be limited in order to provide the best experience.

We hope you will take this conscious and positive step in the middle of this time which has such potential for disconnection and anxiety

David

**MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES
COMING UP!**

***Be sure to watch this space or check our web
site for future opportunities.***

IMAGO ZOOM NIGHTS: JUNE 2020

***June 6 or June 27: Connection and Celebration
7:00 pm-9:00 pm***

***June 13: Emotional and Physical Intimacy (ie.
Romance and Sex)
7:00 pm-9:00 pm***

***June 20: Living with Others...of all Ages.
7:00-9:00 pm***

To be determined at a later date:

Parenting Workshop

Getting the Love You Want Workshops

Next Step Workshop

QUOTES OF THE MONTH

**Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love. Lao Tzu**

**We are never so defensless against suffering
as when we love. Sigmund Freud**

**Love and compassion are necessities, not
luxuries. Without them humanity cannot
survive. Dalai Lama**

**Life without love is like a tree without
blossoms or fruit. Khalil Gibran**

**Love is like a beautiful flower which I may not
touch, but whose fragrance makes the garden**

a place of delight just the same. Helen Keller

**Passion is momentary; love is enduring. John
Wooden**

**We are on this journey with you. Keep in
touch!**

Sincerely,

**David and Donna Bowman
Bowman & Associates, PA**