

The Greek Orthodox
Metropolis of San
Francisco **Family
Wellness Ministry**
and the **Office of
Youth and Young
Adult Ministries**
invite you to journey
with us through

Eight Dates

*Essential Conversations
for a Lifetime of Love*

by John and Julie
Gottman, Ph.D.

Join us
Thursday
evenings
on Zoom



*Our 2026 series will be held
Thursdays at 6:30 pm PT via Zoom*

January 8	March 5
January 22	March 12
February 12	March 19
February 19	March 26

January 1 *You'll receive welcome materials*

*Each session is designed by our Family Wellness Ministry team to
engage couples in essential conversations. Topics include:*

Trust & Commitment	Family
Addressing Conflict	Fun & Adventure
Sex & Intimacy	Growth & Spirituality
Work & Money	Dreams



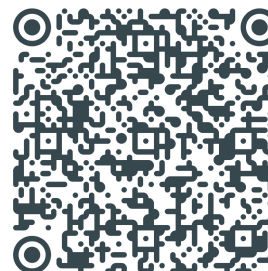
"This series trans-
formed our marriage
and got us talking and
connecting again."

✝ JENN & STAVROS

"Over the last four years, over 800 couples
participated in our *Eight Dates* program and we've
received countless positive comments of how this
experience strengthened their relationships."

✝ PRESVYTERA PAT TSAGALAKIS

learn more & register here



presented
by



Family Wellness
ministry
GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO

YOUTH &
YOUNG ADULT
MINISTRIES

Register before Christmas Day!

for more information and registration link - visit our website: familywellnessministry.org/eight-dates/