

Are you living with a Bipolar partner?
Is a family member Bipolar?
Are you Bipolar?



The MEEHL FOUNDATION presents

The 6 Keys

Successfully Living with a Depressed or Bipolar Partner

- Understand the Role of Mindfulness, Meditation and Affirmations
- Learn New and Effective Communication Skills
- Reduce Triggers to Create a Supportive Relationship
- Develop Boundaries and Measurable Results
- Depersonalize the Words and Actions of Others
- Achieve Personal, Emotional and Physical Wellbeing

The workshop focuses on:

Developing a plan for reducing chaos and achieving stability
Improving your interpersonal relationships
Becoming aware of self defeating and repeating behaviors
Learning and practicing communication that works
Developing new perceptions and understanding
Developing an action plan for triggers

Admission ~ \$49.00 per person (Scholarships Available)
Tickets can be purchased in advance at: www.meehlfoundation.org
or at the door the morning of the workshop.

These **ONE DAY** Workshops are an in-depth presentation of the principles behind the 6-Keys and how they can dramatically change your life and bipolar relationship.

LOS ANGELES - JULY 30
Clarion Hotel LAX
5249 W. Century Blvd.
9:00AM – 5:00PM

PHOENIX – AUGUST 20
Americus Arizona Mills
1520 W. Baseline Rd. - Tempe
9:00AM – 5:00PM

SEATTLE – SEPTEMBER 17
The Seattle Center
305 Harrison St.
9:00AM – 5:00PM

SAN DIEGO – SEPT 24
Quality Inn & Suites Harborview
1430 7th Ave.
9:00AM – 5:00PM

“This was a powerful workshop. We left with tools we could use immediately at home and an action plan that has made a dramatic difference in our relationship. In the months since attending the workshop, we have reduced triggers, increased communication and are achieving measurable results in dealing with bipolar disorder in our marriage. This is a MUST attend workshop for anyone trying to live with this illness.”

- Patrick C.
Las Vegas, NV

For additional information, please call Debra or Mark Meehl at (480) 200-8836