

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



**The MEEHL FOUNDATION presents  
A FREE INTRODUCTORY LECTURE ON:**

## **The 6 Keys**

**Successfully Living with a Bipolar or Depressed 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 Words and Actions of Others \***
- Achieve Personal Emotional and Physical Wellbeing \***

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## **The 6 Keys 2-Day Workshop!**

**Cost ~ \$150.00** (Scholarships Available)

An in-depth presentation of the principles behind the 6-Keys  
and how they can dramatically change your life and bipolar relationship today.

### **The workshop includes:**

**Free! The 6-Keys Manual** (A 12 Month Guide for Bipolars and Families)

Develop a plan for reducing chaos and achieving stability.

Improve your interpersonal relationships.

Become aware of self defeating and repeating behaviors.

Learn and practice communication that works.

Develop new perceptions and understanding.

Develop an action plan for triggers.

**For more information on scheduling a workshop  
in your area, please call Debra at (480) 200-8836**

