

## Winter Newsletter

Happy Holidays to you and yours from Maureen Brine & Associates

### Curiosity is a kind of Unconditional Love.....



Volume 1, Issue VI

Greetings, Dear Friends,

Hope that this newsletter finds you warm and well... Winter Holidays are around the corner, are you warming up your Imago-dialoguing skills? It might be one of the ways to spend evenings too cold to go outside... It is good to remember that relationships are nurtured and flourish with intentionality. So let's spend some time intentionally honouring what works, dialoguing! And don't forget to sprinkle some curiosity on your Imago-dialogue, too!

If you think about it, *curiosity* is a form of unconditional love. And what better way to give it (and receive!) than offering some time for getting to know each other's worlds using the good old dialogue.

*Take time daily to reflect on what works with each other!*

Consciously acknowledge how much you value your beloved. *Show them, tell them.* Express gratitude for all the little (and big!) things that work. It is a way of intentionally creating a relationship of your dreams. Envision what is possible, write out your relationship-vision together and use a dialogue to move toward that goal. Make it a project you'll do together; celebrate the success of your relationship!

This is the time of the year when the nights are the longest. It is also the time that invites us to take the ordinary of life and shine a light of transformation on it. It is a season that can lift our spirits, bring hopefulness and a sensation of possibility, remind us of miracles, bring surprises, and invoke new beginnings.

The New Year is

coming, ready or not! At year's end it's a good time to have a look back and more importantly a look forward. It is time to reflect on changes that we want and need to make. Change is difficult to do. Need some suggestions on where to begin? Read on. On the following pages you will find what *Maureen Brine & Associates Ltd.* have in store for you for the year 2009! You will find some familiar programs, as well as some brand new Imago offerings! We are very excited to share these with you.....

May your lives and the lives of your loved ones, be blessed with peace and love, and may your inner-light glow brightly in this season of dark and light.

Wishing you all the best in 2009

Maureen, Sandra, Yvonne

#### Inside this issue:

Inside Story	1
What's new at MBA?	1
Workshop & Training Dates	2
Start Right, Stay Connected	3
About Us	4

#### What's New at MBA?

There are lots of exciting things happening at Maureen Brine & Associates... Check us out at CBC

\* New one day **Pre-Marital Workshop** begins in March '09! Read more about it on p.3.

\* We were very present in the media recently.

Check us out at CBC [www.cbc.ca/livingintoronto](http://www.cbc.ca/livingintoronto). Living Toronto episodes from November 6th & December 10th 2008, scroll to the 7th minute of the program.... Also, Sarah Hampson's article (Globe & Mail Nov 27th 2008) "Think of it as a new beginning" at

[www.theglobeandmail.com/servlet/story/RTGAM.20081127.wlgenex27/](http://www.theglobeandmail.com/servlet/story/RTGAM.20081127.wlgenex27/)



## Maureen Brine's Workshop & Training Dates

### Getting the Love You Want Couples Workshop 2009

January	16 — 18
February	13 — 15
April	3 — 5
June	19 — 21
August	21 — 23 Halifax
September	18 — 20
October	16 — 18
November	27 — 29

### Keeping The Love You Find Singles Workshop 2009

November 13 — 15

### Advanced Couples Workshop (Halifax)

March 27 — 29

#### *New Years Resolution...*

Commit the 1<sup>st</sup> day of the New Year to renewing your relationship with your beloved!

There's no better time than now to make the upcoming year your best ever!

### Basic Clinical Training Dates for 2009

#### TORONTO

Week I : Feb. 04 — 07  
Week II : May 06 — 09  
Week III : Sept. 09 — 12

#### CALGARY

Week I : March 11 — 14  
Week II : June 24 — 27  
Week III: Aug. 12 — 15

#### VANCOUVER

Week I : June 10 — 13  
Week II: Sept. 23 — 26  
Week III: Nov. 18 — 21

#### HONG KONG

Week I : Dec. 9 — 12, 2008  
Week II : March 17 — 20, 2009  
Week III: May 19 — 22, 2009

### Workshop Presenters Training

#### Toronto (in progress)

Week II: March 04 -07, 2009  
Week III: June 16 -19, 2009

#### Fact A in Halifax

March 25 & 26

#### Singles Workshop Presenters in Portland

January 23 — 25

#### Advanced Singles Training in Vancouver

January 28 Feb. 01



## Start Right, *Stay Connected*... *Pre-marital Workshop*



We will be offering the newest *Imago* program, **Start Right, *Stay Connected*!** It is a one day (8h) seminar for couples planning to embark on a committed relationship, engaged couples and newlyweds, helping couples learn the tools to have a successful relationship.

### Start Right, *Stay Connected* will help you:

- \* Understand why we pick the partners we do
- \* Learn about the stages all relationships go through
- \* Understand and anticipate the challenges all couples experience
- \* Learn and practice powerful relationship skills and tools
- \* Affair-proof your relationship
- \* Plan the wedding and stay sane

### Start Right, *Stay Connected*

will be offered on the following dates

**March 21st**

**May 30th**

Cost per couple: \$350 (GST included).

## For the *Curious at Heart* - *Imago Connects*!

### Wondering if *Imago* is for you?

Already hooked on *Imago* and have some friends and family that you'd like to get introduced to *Imago* but not sure how to do it?

Wanting to "polish" your *Imago*-skills, or interested in taking your relationship to the next level?

Wanting to understand relationship patterns and dynamics?

Come join us for a 3h introduction  
to *Imago* Therapy & Theory.



**Connect...**  
**We will show you how!**

Next *Imago Connects* comes  
**February 25th at 6:30pm.!**

For more information about **Start Right, *Stay Connected*** and ***Imago Connects***, and to register, please contact us at **416-921-8688**, or [imagoyvonne@successfulrelationships.ca](mailto:imagoyvonne@successfulrelationships.ca)

**CONTACT US AT...**  
***Maureen Brine & Associates Limited***

**62 Charles St. East  
Suite 103  
Toronto, Ontario  
M4Y 1T1**

**Phone:  
416-921-8688  
or**

**E-mail:  
Imagoyvonne@successfulrelationships.ca**

***Successful Relationships Practice Imago!***

***Visit our new website at [www.successfulrelationships.ca](http://www.successfulrelationships.ca)***

***About Our Organization...***

***The Mission of Maureen Brine and Associates Limited is to...***

***"Create an opportunity for all couples, individuals and trainees to learn about Imago - "a new way to love" & to make a peaceful difference in the world."***

**To this end, Maureen Brine and Associates Limited supports clients, therapists and students to create and sustain mutually fulfilling, healing & egalitarian love relationships which are based on Imago theory and practices.**



***Remember Peace Begins at Home!***