

Singles who are serious about exploring options for a permanent relationship will learn to navigate the maze of false promises, misinformation and shallow commitments. They can then take responsibility for their personal life by laying a course for the future grounded in their values, and in the process, discern how God is working in their life.



The Cana Institute
Guiding Adults to Healthy Relationships

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Bridget Brennan, founder and president of The Cana Institute, holds Masters Degrees in both Human Relations and Religious Studies. She has more than twenty years experience as a Family Life Minister and is a Certified Family Life Educator. Bridget is also a Relationship Skills Master Coach and a member of the National Catholic Family Life Ministers (NACFLM). Along with her husband of more than 35 years, she frequently travels throughout the United States presenting retreats and workshops for married couples.

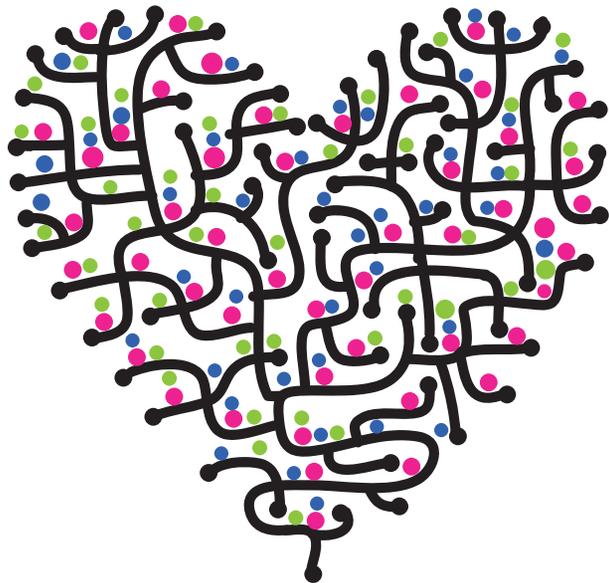
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THIS CLASS WILL EXPLORE THREE MAJOR AREAS:

1 Who are you?

- What are your values?
- What is your life purpose?
- What are your significant personality traits and how do they impact your relationships?
- How does your past history influence your relationships?
- How and where do you experience God in your life?



2 What do you want?

- What do you really want for your life and relationship?
- Where do you see God leading you?
- What do you see as the vision and mission for your life?
- What are the non-negotiable requirements that must be met to live out your vision / mission?
- What are your functional needs that will be problematic for you if unmet?
- What are your emotional needs that must be met for you to feel loved?
- What kind of person would be compatible with what you really want?

3 How do you get what you want?

- How can you live your vision / mission?
- What choices must be made which will allow you to live your vision / mission?
- How do you know a relationship is right for you?
- How can you overcome fear, shyness, low self-esteem, or whatever may be an obstacle to finding a healthy, loving relationship?

For more info or to schedule a
singles relationship education class
for your parish or group:

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