



## Creating Stronger Connections in Your Marriage

**Saturday | September 30 | 8:45 AM-3:00 PM**  
**in the Parish Life Center (PLC)**

We are made for intimacy, spiritually and emotionally with our Lord and each other, but it is difficult to obtain because of our selfishness and wounds. If we are not in proper union with God, we struggle, and have difficulty being in union with others. And with marriage being a unique and primary place to experience intimacy, unique challenges in loving authentically and growing in intimacy present themselves there. This workshop is for anyone who wants to grow their marriage!

All married couples are welcome, participants should be at least 18 years old due to the potential of delicate topics.

*The two morning presentations by Patrick Metts, LPC include practical skills to increase intimacy in marriage, drawing from the Virtues and the field of counseling.*

*The two afternoon presentations by Daniel and Michelle West include practical skills to increase intimacy in marriage drawing from scripture and Church teaching.*

*A light breakfast and lunch is included.*

**8:45 AM**

**Arrive for Check-in at the Parish Life Center (PLC)**

**9:00 AM**

**Attend Mass (tied to the workshop, please do not miss!)**

**Continental Breakfast**

**Morning Presentations**

**Break for Lunch Provided by St. Benedict**

**Afternoon Presentations**

**3:00 PM**

**Conclusion of the Workshop**



**Patrick Metts, LLP**

*Associate Director*

*Office of Evangelization & Discipleship*

Patrick is a Licensed Professional Counselor and has a Master's degree in Marriage and Family Studies from the John Paul II Institute in Valencia, Spain. He currently works as the Associate Director of the Office of Evangelization and Discipleship in the Archdiocese of Atlanta. Patrick also helps with the Tribunal as an expert witness for some of the annulment cases that need a psychological evaluation. Additionally, Patrick has created an online marriage resource called [restorecatholicmarriage.com](http://restorecatholicmarriage.com) for couples seeking to grow, strengthen, and heal their relationship.

He and his wife, Sarah, live in Alpharetta with their two sons. They have been married for 15 years.



**Daniel & Michelle West**

Daniel and Michelle West have been married for 19 years and have 8 children (17, 16, 15, 13, 11, 9, 6, and 3). They met at Georgia Tech while completing their undergraduate degrees and married soon thereafter.

Since then Daniel has been working mostly in church ministry, in areas of social teachings, youth, and adult ministry. He has a Master's degree in Theology from the Franciscan University of Steubenville. He currently serves the Archdiocese of Atlanta as the Marriage and Family lead and is an instructor for the Diaconate Formation Program.

Since marriage, Michelle has focused primarily on the most difficult job in modern times – being a stay-at-home mother. Professionally, Michelle has a Master's degree in Moral Theology from Christendom College and currently works for Regina Caeli Academy, a Catholic Hybrid homeschool, assisting their national expansion efforts. She is a regular instructor with Daniel for the diocesan marriage prep workshops and occasional speaking engagements.