



Great Changes

Mental Health Monthly

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Valentine's Day 

Valentine's Day, celebrated annually on February 14th, is a widely recognized day for expressing love, affection, and friendship through cards, flowers, chocolates, and gifts. Originating as a Christian feast day honoring one or more saints named Valentinus, it evolved into a cultural celebration of romance in the Middle Ages and later in 18th-century England.

Looking for ways to improve the relationships in your life during this month of Love and Romance? Check out The Gottman Institute. gottman.com Dr. John Gottman and Dr. Julie Schwartz Gottman founded this organization in 1996, dedicated to researching and strengthening relationships.

One of the many helpful resources provided by the Gottmans is a twice-weekly newsletter delivered to your email, full of helpful tips and advice to improve your

relationships. Subscribe to the Gottman **Marriage Minute** here.

<https://www.gottman.com/marriage-minute/>

Happy Valentine's Day from Great Changes!



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