

The 5 Love Languages:

This workshop is based on the best selling book, *The 5 Love Languages* by Gary Chapman. The five love languages are five different ways of expressing and receiving love: words of affirmation, quality time, receiving gifts, acts of service, and physical touch. Not everyone communicates love in the same way, and likewise, people have different ways they prefer to receive love. In this workshop, we will explore these communication styles and participants will walk away with an understanding of their love language and the languages of those important to them.