



Couple Enrichment Workshop

Friday evening April 28 through
Sunday afternoon April 30, 2017

Couple Enrichment focuses on affirming relationships through better communication. It was developed by married marriage counselors looking for ways to keep relationships healthy. It is neither therapy nor counseling.

The workshop is an opportunity to step outside the busyness of our lives and focus on our relationship with our partner. Learn skills to improve communication and closeness with your partner as “preventive medicine” for your relationship.

All couples are welcome; heterosexual, same sex, married or not.

Facilitators: Cathy Walling and Scott Bell of Fairbanks have been married for 23 years and involved with Couple Enrichment for 20 years, first as participants and then as facilitators. “We use Couple Enrichment skills to discuss misunderstandings, listen each other into clarity, and look at our relationship now and discuss how we want it to grow.”

Schedule: Friday 6pm to 9pm, dinner is included. Saturday 9am to 5pm, lunch and snacks are included. Sunday 12:30pm to 5:30pm with dinner afterwards.

Location: Unitarian Universalist Fellowship of Fairbanks (4448 Pikes Landing Rd)

Cost: \$80.00 per couple is suggested. No couple will be turned away because of inability to pay. Help with childcare may be possible.

Advance registration is required and space is limited to eight couples. To see if there is still room in the workshop, or if you have questions about it, please contact Cathy or Scott at 907-388-2603 or scott.v.bell@gmail.com. To register, please complete and email the attached form to scott.v.bell@gmail.com.

Sponsored by the Unitarian Universalist Fellowship of Fairbanks

Couple Enrichment Workshop Registration Form

Friday, April 28 through Sunday, April 30, 2017

Your Names: _____

Mailing Address(es): _____

Email(s): _____

Phone Number(s): _____

Please mail the completed registration to Couple Enrichment, PO Box 81795, Fairbanks, AK 99708, and include a check for \$80.00 per couple. If you cannot afford this amount please pay what you can. If you wish to support others please contribute an additional amount. Please make checks out to Scott Bell.

If you have questions about the workshop contact Cathy Walling or Scott Bell at scott.v.bell@gmail.com, or call 907-388-2603.