

**Couple Enrichment Workshop**

New Life Retreat Centre  
453 Dobbie Road, Lanark

**Registration:**

Name, Phone and Email

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Dietary needs

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Not all cabins have bathrooms, some of us will use the shared wash-house. Do you **require** an in-cabin bathroom?

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Anything else you would like us to be aware of?

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**Friends Couple Enrichment** is not marriage counselling, but a spiritual practice to develop deep understanding for each other. Its supportive atmosphere offers a safe environment in which both partners can appreciate the good things in their relationship, and skillfully address those things that could be better.

The workshop is open to couples in committed relationships regardless of marital status, sexual orientation, gender identify, or spiritual orientation.

- The Four Golden Threads:  
~ Effective Communication  
~ Creative Use of Conflict  
~ Commitment to Growth  
~ Continuous Appreciation & Affection

**Cost: \$310 per couple.**  
Couples are encouraged to contribute any amount they are able above the base amount. Extra monies collected will provide an honorarium for the Leader Couple and allow for subsidies for other couples in future workshops.

**Meals:**  
We are self-catering in order to keep costs down; each couple will be asked to provide a meal for the group.

Support with menu planning for Special Diets is available.

**Schedule:**

*Friday*

5:30-7:30 - Arrival, dinner, settling in

7:30-9:00 - Workshop

*Saturday*

8:00 - 9:00 Breakfast and clean-up

9:00 - 12:00 Workshop

12:00 - 2:00 Lunch, clean-up, free time

2:00 - 5:30 Workshop

5:30 - 7:00 Dinner, clean-up, free time

7:00 - 9:00 Workshop

*Sunday*

8:00 - 9:00 Breakfast and clean-up

9:00 - 12:00 Wrap-up, Evaluations

12:00 - 1:00 Clean-up, Farewells

**Please Return Registration to:**

[signy@fick.ca](mailto:signy@fick.ca)

**Payment:**

E-transfer or cheque (payable to Signy Fridriksson)

**The Leader Couple:**

Signy Fridriksson & Steve Fick are committed to growing their own relationship and demonstrate various communication techniques using situations from their own lives.

**For more information:**

613-864-5222 (Signy)

613-864-5222 (Steve)