



# Couple Enrichment Workshop

Friday evening March 8, Saturday, March 9, and Sunday, March 10, 2019

**Friends Couple Enrichment focuses on affirming relationships through better communication. It was developed by married marriage counselors as a way 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 your partner. Learn skills to improve communication and closeness with your partner as “preventive medicine” for your relationship. Learn and practice skills for deep listening and respectful communication. Deepen your understanding and appreciation for each other. Learn to use conflict creatively.

For a short video about Couple Enrichment [Click here.](#) (or visit <http://quakerspeak.com/friends-couple-enrichment-peacemaking-begins-at-home/>)

**Couple Enrichment is open to all couples; married or not, gay or straight.**



Facilitators: Cathy Walling and Scott Bell of Fairbanks have been married for 25 years and involved with Couple Enrichment for 22 years, first as participants and then as facilitators. “We use Couple Enrichment skills to listen each other into clarity on a topic, discuss misunderstandings, 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 6pm, lunch and snacks are included. Sunday 1pm to 6pm, snacks are included.

Location: Unitarian Universalist Fellowship of Fairbanks, 4448 Pikes Landing Road, Fairbanks, Alaska

Cost: \$75.00 per couple is suggested, but please pay what you can afford. No couple will be turned away because of inability to pay the full amount.

Childcare: If you need help with childcare please contact us as soon as possible and no later than March 1.

Advance registration is required and space is limited to eight couples. To register for the workshop, or if you have questions about it, please contact Cathy or Scott at 907-388-2603 or [scott.v.bell@gmail.com](mailto:scott.v.bell@gmail.com).

**Co-sponsored by Unitarian Universalist Fellowship of Fairbanks and Chena Ridge Friends Meeting (Quakers)**

**Friends Couple Enrichment Workshop Registration Form**  
Friday, March 8 to Sunday, March 10, 2019

Your Names: \_\_\_\_\_

\_\_\_\_\_

Mailing Address(es): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email(s): \_\_\_\_\_

\_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Dietary restrictions or preferences: \_\_\_\_\_

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Please mail the completed registration to Friends Couple Enrichment, PO Box 81795, Fairbanks, AK 99708, and include a check for \$75.00 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](mailto:scott.v.bell@gmail.com), or call 907-388-2603.