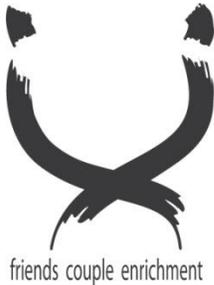


CONNECTING FROM THE HEART



A Couple Enrichment Workshop

Saturday, Feb 1, 2020

9:00 a.m. – 5:00 p.m.

All Souls Unitarian Universalist Church
New London, CT

A Couple Enrichment workshop is an opportunity for a couple to focus on their relationship, enhance communication skills, and deepen their appreciation of each other. Couple Enrichment workshops help couples to celebrate their relationship's joys and strengths, and to develop skills to deepen and improve their relationship. A Couple Enrichment program is not therapy; it is a way to make good relationships even better.

The workshop emphasizes creating a safe and supportive community, learning concepts and skills, and giving couples the time and space to focus on each other. Some sharing is expected, but no one has to share on any particular topic. Much of the couples' work is done in private. The program is not confrontational, and the ground rules are designed to assure safety and comfort for all participants.

Couple Enrichment workshops are open to all couples in a committed relationship, regardless of sexual orientation, marital status, or religious affiliation. Virtually any couple that gives a good faith effort to a Couple Enrichment program can benefit.

Registration Deadline: Friday, January 24

Cost: \$50/couple (covers registration, materials and food)

♥ **Scholarships available.** ♥ **Free childcare.**

Online Registration: bit.ly/FCE-NewLondon2020 or =>

Questions? jhumphries@igc.org



*Facilitators **Debbie & John Humphries** are members of Hartford Friends Meeting (Quakers). Debbie and John were married in 1990 and began attending Quaker meeting shortly after. They moved to Connecticut in 1998. They received training as a leader couple for Friends Couple Enrichment in 2015 and have been leading workshops since 2016. Debbie is part-time faculty in nutrition and public health; John leads a nonprofit organization working on climate change. They have two grown children, both living in Massachusetts.*

Learn more about Friends Couple Enrichment: www.FriendsCoupleEnrichment.org