



Couple Enrichment Workshop

Fairbanks, Alaska

March 6, 7 and 8, 2020

Friends Couple Enrichment focuses on affirming relationships through better communication. It was developed by marriage counselors as a way to keep relationships healthy. It is neither therapy nor counseling, it is preventive medicine for relationships.

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. Learn and practice skills for deep listening and respectful communication. Deepen your understanding and appreciation for each other. Learn to use conflict creatively. Couple Enrichment is open to all couples; married or not, gay or straight.

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



Facilitators: Cathy Walling and Scott Bell of Fairbanks, Alaska have been married for over 25 years and involved with Couple Enrichment for 23 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 to 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 5pm, lunch and snacks are included.

Location: Unitarian Universalist Fellowship of Fairbanks, Alaska

Cost: \$100 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.

Advance registration is required and space is limited to eight couples. Please contact Scott Bell (scott.v.bell@gmail.com) with questions about the workshop, or to register for it.

Sponsored by Chena Ridge Friends Meeting