



# Couple Enrichment Workshop

with

Fran and Tony McQuail

February 19-21, 2010

at

New Life Retreat Centre

453 Dobbie Road,  
Lanark, Ontario  
613-259-3337

For more information contact:

Signy 613-233-8438  
signy@fick.ca

or

Debbie 613-820-0003  
debmatteis@hotmail.com

## About Couple Enrichment

This is a workshop for couples in committed relationships of six months or more. It is not marriage counselling or a therapy group, but a supportive environment for couples to explore and appreciate the good things in their relationships, and to learn ways to build on those positive aspects.

The Leader Couple is committed to working on their relationship, and Fran and Tony demonstrate various exercises and communication techniques with honesty and candour, using situations from their own lives.

At a time of so many failed and failing relationships, it very exciting to be with a group of people committed to making their relationships even better.

Several couples have taken Couple Enrichment workshops in the past, and would be glad to answer any questions you may have. Please contact Signy or Debbie to get in touch with past participants.

Further information is also available at <http://www.bettermarriages.org/index.html>.

## Fees

The cost is \$400/couple for the weekend. This includes accommodations, snacks and all fees.

## Financial Assistance

Please don't let finances deter you. Because Couple Enrichment has had such a positive impact on their relationships, some past participants donate toward this work. If this is the right thing for you, please ask about financial support.

## Registration

Names

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Address

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Phone number and email address(es)

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Dietary needs

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Are you needing financial assistance?

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How did you hear about the workshop?

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We need to confirm the space and complete the planning for the workshop, so please send your registration and \$100 deposit payable to OMM by February 10 to:

Signy Fridriksson  
170 Drummond St  
Ottawa ON K1S1K4  
or signy@fick.ca