

COUPLE ENRICHMENT WORKSHOP

You are invited to a workshop for couples in Lanark County west of Ottawa from Friday September 30th at 6:30 pm to Sunday October 2nd at 4:00 pm, 2011. This workshop is intended to strengthen good relationships and is open to any couple in a committed relationship of six months or more (married or not, same sex or not, Quaker or not, religious or not).

LEADER COUPLE

Steve Fick & Signy Fridriksson



Steve and Signy have been married for 31 years and have been involved in couple enrichment for 29 years. They have established and facilitated couple enrichment networks in Ottawa for the past decade. They were trained through Friends General Conference Couple Enrichment Leadership training. They ran their first successful Couple Enrichment workshop in 2010 and have been facilitators of a monthly couple's enrichment group since then. Steve and Signy live in Ottawa. Signy is a doula and childbirth educator. Steve is a cartographer, artist and childbirth educator. Both Signy and Steve are actively involved in Quaker activities, serving at the local and national levels.

DATE

September 30th – Oct 2nd, 2011

LOCATION

New Life Retreat Centre, Lanark County <http://lanark.realontario.ca/browse-sectors/accommodations-dining-tourism-a-hospitality-/11092.html>, 453 Dobbie Road, [Hopetown](#), which is an hour's drive west of Ottawa. It's a beautiful, nourishing place with opportunities for swimming, hiking, and soaking in a hot tub. For a slide show see: <http://tinyurl.com/4bnlyzu>. Each couple will have their own room. Bedding will be provided. Couples would need to bring personal belongings, towels, wash cloths and slippers.



CONTACT PERSON

Judith Brown at 613-254-8955. Judith is a member of Ministry and Counsel of the Religious Society of Friends and has attended three Couple Enrichment workshops with her partner Jonathan Segel.

ABOUT COUPLE ENRICHMENT WORKSHOPS

Couple Enrichment is not marriage counselling or therapy, but a spiritual practice of developing deep understanding for each other. Participating couples will spend a weekend with other couples who want their relationships to grow and flourish. Workshops offer couples a safe and supportive environment in which partners can appreciate the good things in their relationship, and skilfully address those things that could be better.

“There are few things more fulfilling in a relationship than being deeply understood by the one who loves you, and deeply understanding the one you love.”

Couple Enrichment builds on THREE GOLDEN THREADS as keys to strengthening relationships:

- 1) Effective communication,
- 2) Creative use of conflict, and
- 3) Commitment to growth.

The Leader Couples facilitate the workshop, but they also work on their relationship alongside other couples during the workshop. They will demonstrate various exercises and communication techniques with honesty, candour and humour, using situations from their lives. Four to eight couples participate in a workshop (excluding the Leader Couple).

After the weekend it is possible to form or join a network of couples who have participated in previous Couple Enrichment workshops. A strong network of Couple Enrichment couples exists in Ottawa and meets regularly to reflect on and strengthen their relationships. These couples have been meeting in Ottawa for almost a decade.

This workshop is presented by Ministry and Counsel of Ottawa Quaker Meeting (<http://ottawa.quaker.ca/>) as part of the Friends General Conference (<http://www.fgcquaker.org/>) Couple Enrichment Program (<http://www.fgcquaker.org/couple-enrichment>).

SCHEDULE

Friday		Saturday		Sunday	
6:30-7:00	Registration, settling in	8:00-9:00	Breakfast, Settling in	8:00-9:00	Breakfast, Settling in
7:00-9:00	Workshop	9:00-12:00	Workshop	9:00-11:00	Workshop
		12:00-1:30	Lunch, Free time	11:00-12:00	Worship
		1:30-5:30	Workshop	12:00-1:30	Lunch, Free time
		5:30-7:00	Dinner, Free time	1:30-4:00	Wrap-up
		7:00-9:00	Workshop	(Wrap up will be no later than 4pm and possibly earlier.)	

FOOD

In order to keep costs at a minimum, each couple will be asked to provide a simple meal for the group. This will be arranged by the registrar closer to the workshop.

FEES

The cost is \$265 per couple for the weekend. A \$100 deposit is payable to Ottawa Monthly Meeting, \$20 is non-refundable. Financial assistance is available and determined on a case by case basis; if required, talk to the registrar or the leader couple. We are also exploring fund-raising to reduce the fees and welcome donations.

REGISTRATION FORM FOR THE SEPT-OCT 2011 COUPLE ENRICHMENT WORKSHOP

Names

Address

Phone Numbers

Email Addresses

Do you need financial assistance? Yes/No

How did you hear about the workshop?

Dietary needs?

Anything else you'd like us to be aware of?

Please send this registration and \$100 to Judith Brown, 29 Borduas Crt., Kanata, Ontario, K2K 1K9