

Married Couples Build Strong and Lasting Relationships

(St. John's – June 4, 2010) The Family Life Bureau of the Roman Catholic Archdiocese of St. John's and the West End Baptist Church and the Anglican Church have partnered to help give married couples the tools they need to build strong and lasting relationships.

The Christian faith communities have come together to offer a "Marriage Enrichment Course" in seven sessions. Sister Loretta Walsh, Director of the Family Life Bureau said that *"the course is offered over a period of seven evenings to the interested couples in a relaxing atmosphere that allows participants to talk about important issues that can get swept under the carpet in the rush of daily life."*

Topics covered during the seven sessions that begin on October 5 include recognizing each other's needs, learning to communicate effectively, resolving conflict, healing past hurt, relating to parents and in-laws, good sex, making time for each other, and having fun together.

Each evening begins with a candlelit dessert. There is then a talk followed by an opportunity to discuss the topic together as a couple.

The course, while based on Christian principles, is very helpful for any couple with or without Christian faith or church background. The facilitators for the course are Claude and Grace Pike. All sessions will be held at the Family Life Bureau, 200 Military Road. The registration fee for the course is \$100.00 per couple which includes 7 candlelight desserts and the materials for the course.

Location

Family Life Bureau
200 Military Road
(Basilica Office Entrance)
St. John's, NL
Phone: 579-0168
E mail: flb@nf.aibn.com

The Marriage Enrichment Course

October 5, 2010	Session #1	"Building Strong Foundations"
October 12, 2010	Session # 2	"The Art of Communications"
October 19, 2010	Session #3	"Resolving Conflict"
October 26, 2010	Session #4	"The Power of Forgiveness"
November 2, 2010	Session #5	"Parents and In Laws"
November 9, 2010	Session #6	"Good Sex"
November 16, 2010	Session #7	"Love in Action"

