

Thirty-seventh Annual Marriage Enrichment Retreat

The Gift of You!

Sponsored by the
Silicon Valley Chapter of Better Marriages
(Association for Couples in Marriage Enrichment -- A.C.M.E.)

The Gift of You!



We'd all like more intimate moments with our loved one. We'd like to have a closer, happier connection. How can we get there? How can we learn to express ourselves in order to gain the closeness we desire?

When:

- January 13 - 15, 2012
- 6:00 PM Friday through noon on Sunday

Where: Evergreen Conference Center Oakhurst (E.C.C.O.) -- Oakhurst, California (Between Oakhurst and Yosemite at 3,000 feet elevation (559) 683-8162)

Cost: \$450.00 per couple (\$420.00 if paid by December 1, 2011 – total)

\$120 due with your registration – Remainder due January 2, 2012

- Includes room (“motel style” with bath), five meals (Friday dinner through Sunday breakfast) and party Saturday evening.
- **Space is limited to 18 couples. Register as soon as possible, to assure your participation.**
- In the event of cancellation, we will refund your fee(s) **if we can fill your spot.**
- Partial scholarships are available for first time attendees. For information, contact Bea and Jim Strickland (408) 268-3956 Bea@ACMESV.org
- Includes a one year membership in Better Marriages – A.C.M.E. (The Association for Couples in Marriage Enrichment) -- a \$40 value.

Questions: Contact Retreat Coordinators, Bea and Jim Strickland (408) 268-3956 (Bea@ACMESV.org)

Purpose: The weekend provides an opportunity to join other couples, committed to marriage, in a relaxed, comfortable setting, working together to make *Better Marriages*.

Goals:

- To take an honest look at where your marriage is now and to build on the identified strengths.
- To learn and develop skills for effective communication and for creative use of conflict.
- To improve the depth of intimacy and to strengthen the commitment in your marriage.
- To identify areas where you want your marriage to change and to set goals for future growth.

Participation:

- To engage in large and small group activities, as well as, private couple time.
- To generate an agenda in your small group using the marital issues of interest to you as you are the experts on your own marriage.
- To conduct all activities in a caring, supportive manner **and to share only what is comfortable for you individually and as a couple.**

Leadership

- Leader couples are trained and certified by Better Marriages as 'participating facilitators'.
- Leader couples teach by example and by sharing their own marital experiences.
- Leader couples work on their marriages as full participants in the retreat.

Disclaimer: ACME. Marriage Enrichment programs are **educational** in nature and not intended as therapy or counseling.

What to Expect

Increased satisfaction and enjoyment of your relationship

Experiential Learning

Learn by doing written and verbal activities that teach positive ways of relating.

Learn by focusing on your own personal experiences.

Couple Dialog

Talk directly to your spouse privately or in a small group;

Practice communication skills designed to aid marital growth.

Group Process

Gain support and encouragement from others by sharing experiences

and by keeping intellectual discussion to a minimum;

receive positive feedback on your communication process if so desired and requested.

Focus on Strengths

Maintain and express a positive attitude towards marriage;

identify your potential for marital growth.

Friendships

Become your partner's best friend.

Enjoy the company of others who value marriage; meet new couples.

Registration

Enclose the completed form and \$120 registration fee.

Make check payable to: Silicon Valley Chapter of A.C.M.E.

Mail to:

Marriage Retreat 6310 Desert Flame Drive San Jose, CA 95120

Confirmation and further information will be sent to you upon receipt of your registration.

In the event of cancellation, we will refund your fee(s) **if we can fill your spot.**

Registration Form

Names _____

Address _____ City _____ Zip _____

Phone _____ Email _____

Wedding Date _____ Previous Marriage Enrichment Experience _____

Special needs (health, diet, physical, etc.) _____

Tell us one interesting or unique fact about your relationship _____

Emergency Phone Number. _____