

## Session Information

### Session 1 - Conflict Resolution and Communication

This workshop will identify obstacles to and enhancers of effective communication in the marital relationship. The two areas that will be highlighted are: communication towards problem solving and communicating towards affirming a loving relationship. Specific topics will include the following: defining "normalcy" of conflicts; identifying styles of communication that go toward compatibility and incompatibility; practical pathways to effective problem solving; identifying the basic love languages; and understanding the functional effects of the "brain" in the experience of the "self" as couples communicate with each other.

### Session 2 - Family of Origins

Discover ways in which your marriage commitment is influenced by experiences you had growing up in your family; identify how your relationship with parents and siblings play a role in the way you establish and maintain attachments. Become aware of the impact former relationship problems can have on your marriage. Learn from the past...and let the past work for you. As you strive to identify as a married couple, you will have a better understanding and appreciation of how relationships and experiences from the past can contribute to the present by enhancing your marriage.

### Session 3 – The Many Moods of Marriage

Marital researchers estimate the rate of divorce for first marriages to be between 50-67% (Martin & Bumpass, 1989), and even 10% higher for second marriages (Glick, 1994). Navigating through the "many moods of marriage" becomes a major challenge facing any couple. This session will help you avoid pitfalls that lead many couples to divorce. Learn how to divorce-proof, strengthen and enrich your marriage. This session will also cover the sacramental component of marriage.

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### Session 4 - Blended Families

There are many tasks needed for a successful integration and blending of two families into one. This workshop will cover issues that include: overcoming loyalty issues, co-parenting, myths and legends about step-parents, discipline strategies, and starting and establishing rituals and traditions as a new family unit. The Brady Bunch is only a TV show -- the real thing takes a lot of planning, understanding and hard work.

## 2019 Schedule & Registration Deadlines

### Session 1

January	12	Deadline 12/28/18
June	8	Deadline 5/24/19
September	14	Deadline 8/30/19

### Session 2

January	26	Deadline 1/11/19
June	22	Deadline 6/7/19
September	28	Deadline 9/13/19

### Session 3

February	9	Deadline 1/25/19
July	13	Deadline 6/28/19
October	12	Deadline 9/27/19

### Session 4

March	2	Deadline 2/15/19
August	3	Deadline 7/19/19
October	26	Deadline 9/11/19

*If you need further assistance, please contact:*

*Office of Marriage & Family Life*

*E-Mail: [deb@dosp.org](mailto:deb@dosp.org)*

*Phone: 727 – 341 – 6847*

*8:30 to 5:00 - Mon. thru Fri.*

*To ensure a more prompt response, E-mail is the best way to contact us as we have access to this should we be away from the office.*

# Marriage Enrichment 2019

*A program for  
couples who wish  
to enhance  
their marriage*



*Office of Marriage & Family Life  
Diocese of St. Petersburg*

**What Is The Cost?**

**Each session is \$40.00 per couple**

**Continental Breakfast is included**

**About The Conference**

Cars need a tune-up so why not your marriage? Every married couple can benefit from these informative half-day workshops to refresh and renew their marriage.

Those with children from a previous relationship and are co-parenting or step-parenting will find Session 4 on blended families particularly helpful.

- ◆ Sessions are held at Bethany Center in Lutz. Upon processing your registration you will receive a confirmation letter that includes the address of the facility.
- ◆ Each session is presented by a Marriage & Family Therapist
- ◆ If you choose to attend multiple sessions, they don't have to be taken in consecutive order.
- ◆ All sessions begin at 9:00 a.m. and end at Noon. Continental breakfast is served beginning at 8:30.
- ◆ Dress casual and comfortable.
- ◆ Regardless of age and/or circumstances, we are unable to accommodate children. Please make arrangements for their care as well as your pets while you're with us.

**PLEASE NOTE:**

*Since Bethany Center serves only as the host facility, their staff is unable to answer any questions you may have about the program.*

**Registration Details**

- ◆ Complete the included form and mail with the **non-refundable** payment of \$40.00 per session to the address on the registration form. **Cash payment** must be hand delivered to: Bishop Larkin Pastoral Center \* 6363 Ninth Avenue North \* St. Petersburg 33710. **Credit cards** are not accepted.
- ◆ Registrations are processed in the order received and subject to availability at that time.
- ◆ E-mail confirmation is sent to each address provided. In the absence of E-mail, written notification will be sent to the home address.
- ◆ If you don't have confirmation within **2 weeks** of mailing your registration, contact us at: **deb@dosp.org** or call 727 - 341 - 6847. Before doing so, please check your **junk mail folder**.
- ◆ You can postpone without penalty providing notice is received a minimum of **14 days prior to each session**. Otherwise, a **\$25.00 reschedule fee applies**.

**Other Marriage Enrichment Opportunities**

**Worldwide Marriage Encounter** – Is a weekend experience intended for those who are looking to enhance their relationship and make a good marriage even better! Weekends are offered in the diocese throughout the year. To learn more about this ministry go to the website for our local community at **wwme-floridawestcoast.com** or the national website at **www.wwme.org**.

**Retrouvaille** – Do you feel lost, alone or bored in your marriage...frustrated, hurt or angry with your spouse? Are you constantly fighting or shutting down? Have you thought about separation or divorce? If you answered "yes" to any of these questions...Retrouvaille is a lifeline that can provide the help you need. For more information go to their website at: **www.helpingmarriages.org**

**REGISTRATION FORM**

Complete & return with non-refundable payment made payable to:  
DIOCESE OF ST. PETERSBURG

**COST: \$40.00 per session**

Submit registration to:  
Marriage Enrichment  
Office of Marriage & Family Life  
P.O. Box 40200  
St. Petersburg, FL 33743-0200

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**Please list the date(s) you wish to attend:**

Communications: \_\_\_\_\_

Family of Origins: \_\_\_\_\_

Many Moods: \_\_\_\_\_

Blended Families: \_\_\_\_\_

**Husband's Info:**

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Cell #: \_\_\_\_\_

**Wife's Info:**

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Cell #: \_\_\_\_\_

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Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

How many years have you been married? \_\_\_\_\_

What parish do you attend? \_\_\_\_\_

City: \_\_\_\_\_

**OFFICE USE**

CK # \_\_\_\_\_ H W O Amount: \_\_\_\_\_

CF #1 \_\_\_\_\_ CF #2 \_\_\_\_\_

CF #3 \_\_\_\_\_ CF #4 \_\_\_\_\_