



RETROUVAILLE

A L I F E L I N E F O R M A R R I E D C O U P L E S

Asking for help when a marriage is in trouble can be difficult. Retrouvaille is a lifeline of hope and healing for struggling marriages.

Retrouvaille is a worldwide peer ministry, Catholic in origin, of couples helping couples, with the support of caring clergy members. The program may benefit couples with serious problems such as disillusionment, boredom, anger, separation and/or couples who have experienced affairs, and/or other problems which threaten the marriage bond. The primary focus of the program is on improving communication and building a stronger marriage, so couples may rediscover the love they have for each other.

The program begins with a weekend experience where couples are helped to re-establish communication and gain new insights into themselves as individuals and as a couple. The BC community offers weekends twice yearly, at the retreat centre of Barnabas Family Ministries, on beautiful Keats Island.

There are no marriage counselors in the program. The weekend program is presented by three couples and a priest. The presenting team has experienced disillusionment, pain, and conflict in their own lives and offer hope as they share their personal struggles of reconciliation and healing.

Attending couples will find courage in the realization that they are not alone in their struggle. They are not asked to share their problems but will be encouraged to put the past behind them, to look beyond the hurt and pain and rediscover their spouse in a new and positive way. The Retrouvaille Weekend provides tools to help couples with communication, forgiveness, and trust.

The Post Sessions are the next phase in the Retrouvaille healing process. They consist of a series of 2-hour talks over a 6-week period that expand on the weekend concepts, which may be attended in person or online. Most couples find this a very productive component of the program, where most growth in their marriage occurs. During these sessions, the technique learned on the weekend is further developed and is used to explore additional areas of the marriage relationship.

The final phase is a monthly small-group support meeting, called CORE (Continuing Our Retrouvaille Experience), also available to be attended online. It allows for casual and supportive interaction with other couples who have attended the Retrouvaille program. The meetings

continue to reinforce the communication tools learned and allow couples to form lasting bonds as they continue to heal their marriages.

This affordable program is self-supported by the couples who attend the program. Couples pay a registration fee and are asked for a donation on the weekend. However, no couple is ever denied the chance to heal their marriage because of hardship.

For confidential information about, or to register for the program, call us at 604-530-6710 , email us at vancouverbc@retrouvaille.org or visit our website at www.retrouvaillevancouver.com

More information about us also available on our International website www.helpourmarriage.org