

Tasks

Would you be able to help with any of the following tasks?

- Shopping for snacks for the weekend
- Picking Fran and Tony up at the train Friday afternoon
- Taking Fran and Tony to the train Monday morning

Facilities

The workshop will take place at New Life Retreat Centre, a quiet setting in the unique Lanark Highlands, of Ontario.

New Life Retreat Centre is a relaxed eco-organic farm set on 100 acres, with gardens and greenhouse, and modern, comfortable and environmentally sensitive facilities. The immediate area offers walking trails, wildlife watching, snowshoeing, skiing, hot-tub (bring your bathing suits!)

Modern, comfortable facilities await inside the beautifully restored country home. You'll find the interiors throughout have been integrated with the surrounding natural exterior elements. There is a lounge and fully equipped kitchen.

<http://www.newliferetreat.com/>

Driving directions from Ottawa to New Life Retreat Centre:

- * Take Queensway West to Hwy 7 toward Toronto
- * Take Hwy 7 for 35 km.
- * Turn right at Ferguson Falls Rd
- * Take Ferguson Falls Rd for 15 km
- * Turn right at Hwy 511
- * Take Hwy 511 for 16 km
- * Turn left at Watsons Corners Rd
- * Take the 1st right onto Dobbie Rd
- * Destination will be on the right

If you can't make this CE workshop

If you would like to be part of a Couple Enrichment workshop, but the timing isn't right, please let us know. We will inform you of future events.

Schedule

Friday, February 19

- 5:30 - 7:15 Registration, settling in, soup and sandwich supper
- 7:30 - 9:30 Workshop

Saturday, February 20

- 8:00 - 9:00 Breakfast
- 9:00 - 12:30 Workshop
- 12:30 - 2:00 Lunch, free time
- 2:00 - 5:00 Workshop
- 5:00 - 7:00 Dinner, free time
- 7:00 - 9:00 Workshop

Sunday, February 21

- 8:00 - 9:00 Breakfast
- 9:00 - 11:30 Workshop
- 11:30 - 1:00 Lunch
- 1:00 - 3:00 Workshop wrap-up

Food

In order to keep costs at a minimum, each couple is asked to provide a meal for the group. Once numbers are confirmed, you will be assigned a meal. Please let the registrar know if you would prefer to cook a specific meal.

There may be the opportunity for a couple shop and/or cook for another couple in exchange for reduced costs.

Special diets can be accommodated. Assistance with menu planning is available.

Numbers

PLEASE NOTE: The Couple Enrichment Workshop is limited to eight couples maximum. Please register early!