



# Couple Enrichment

A PROGRAM OF FRIENDS GENERAL CONFERENCE

- Do you want to grow your relationship and make it the best it can be?
- Want a relationship within which to feel fully yourselves?
- Would you like to learn to give and receive the gift of understanding with your life partner?
- Does being part of a community of caring, committed couples appeal to you?

*There are few things more fulfilling in a relationship than being deeply understood by the one who loves you, and deeply understanding the one you love.*

Couple Enrichment  
Friends General Conference  
215-561-1700

Email:  
coupleenrichment@fgcquaker.org  
www.fgcquaker.org/  
couple-enrichment/relationships



*An Introductory Workshop*

led by

*Signy Fridriksson  
& Steve Fick*

November 29 - December 1, 2013

Ottawa ON

As a Leader Couple, Steve and Signy teach by example, using current situations from their own lives to demonstrate various exercises and communication techniques, with honesty and candour.

**Couple Enrichment** is based on the "Three Golden Threads"

- Effective Communication
- Creative Use of Conflict
- Commitment to Growth

In a welcoming and respectful environment, we will celebrate what is going well, identify our "growing edges" (areas where we could choose to improve) and develop tools to strengthen our couple relationship for the challenges all relationships face.

When: Nov. 29 - Dec. 1 - Friday 7-9, Saturday 9-9, Sunday 9-3  
Where: Old Ottawa East, near St. Paul University  
Cost: \$180/couple. Bursaries are available for those in financial need.  
Each couple is asked to contribute a dish for lunch or supper.

This workshop is for committed couples regardless of marital status or gender and is limited to eight couples.

**For more information or to register, contact Signy or Steve at 613-233-8438 or [signy@rogers.com](mailto:signy@rogers.com) or [steve@fick.ca](mailto:steve@fick.ca)**

*Signy Fridriksson & Steve Fick have been married for 33 years and have three grown children. They've been involved in Couple Enrichment for 30 years and received their training as Couple Enrichment Leaders in 2010.*

*Signy is studying Couple Counselling and Spirituality at Saint Paul University. Steve is an artist who teaches painting classes for students of all levels. He is also a cartographer. Together Steve & Signy teach Childbirth Classes with Birthing From Within.*