

## Couples Communication

### Workshop

Welcome to the Lake Arrowhead Couples Communication Workshop for couples living in sobriety. This is a workshop in the sense that you work on your communication skills while you're here. You are invited to participate in all activities while remembering that attendance is always optional, either as a couple or as an individual.

It has been said that a measure of the effectiveness of communication is the result it produces. Are your communications getting you the result you want?

You are invited to have a loving and fun-filled weekend, but it is really up to you. Everything depends upon your attitude, and your attitude is always your choice. (Dr. Paul)

**Discussion Meetings:** Pick the topic(s) you wish to attend. Meetings are limited to the first 16 people. Leaders are urged to limit themselves to a 3-minute introduction of the topic and to set timers for 3 minutes for others to share.

1. **Unity As a Couple**  
Lakeview (2<sup>nd</sup> Floor of Lodge)
2. **What is Intimacy?**  
Skyview (2<sup>nd</sup> Floor of Lodge- Go out on the patio behind Pineview and walk toward the parking lot.)
3. **Leader's Choice of Topic - See Board**  
Pineview (2<sup>nd</sup> Floor of Lodge)
4. **Trigger Points How We Resolve Them**  
Library (2<sup>nd</sup> Floor of Lodge)
5. **Learning to Delegate & Give Up Control**  
Brookside (Across the parking lot from the front of the Lodge over the foot bridge. Follow signs)
6. **How to Have a Conversation about an Issue**  
Jacaranda – (Walk out the Lodge up the parking lot a little. Building is on the left. Follow signs.)

## Friday, October 6<sup>th</sup>, 2023

Registration Begins	3:00 pm
	Lakeview
<b>Early Bird Meeting</b>	4:30-6:00 pm
Podium Participation	Pineview
Dinner - Dining Room	6:15 pm
<b>General Meeting</b>	7:30 pm (around)
Plan "B" Speakers	Pineview
Social Hour / KARAOKE	9:15 – 11:30 pm
	Lakeview

## Saturday, October 7<sup>th</sup>, 2023

<b>Meditation Meeting (Skyview)</b>	7:00 – 8:00 am
<b>Yoga (Lakeview)</b>	7:00 – 7:45 am
<b>Attitude Adjustment Meeting</b>	7:00 – 8:00 am
For Everyone	Pineview
Breakfast-Dining Room	8:00 am
<b>1<sup>st</sup> Meeting Session</b>	9:00 -9:50 am
(Your choice, any of six topics)	
<b>2<sup>nd</sup> Meeting Session</b>	10:00 - 10:50 am
(Your choice, any of six topics)	
<b>3<sup>rd</sup> Meeting Session</b>	11:00 - 11:50 am
(Your choice, any of six topics)	
Lunch Dining Room	12 Noon
<b>4<sup>th</sup> Meeting Session</b>	1:00 - 1:50 pm
(Your choice, any of six topics)	
<b>5<sup>th</sup> Meeting Session</b>	2:00 - 2:50 pm
(Your choice, any of six topics)	
<b>OR</b>	
<b>Workshop – Steps and Traditions as a Couple</b>	
Jay W	2:00 –3:30 pm
	Pineview

## Saturday, October 7<sup>th</sup>, 2022

Free Time- Play & Communicate!	3:30 – 6:15 pm
Dinner - Dining Room	6:15 pm
<b>General Meeting</b>	7:30 pm (around)
Shauna and Rich	Pineview
Social Hour / DANCING	9:15 - 11:30 pm
	Lakeview
Pillow Talk	9:15 pm
	Skyview

## Sunday, October 8<sup>th</sup>, 2023

<b>Meditation Meeting (Skyview)</b>	7:00 – 8:00 am
<b>Yoga (Lakeview)</b>	7:00 – 7:45 am
<b>Attitude Adjustment Meeting</b>	7:00 - 8:00 am
For Everyone	Pineview
Breakfast – Dining Room	8:00 am
<b>6<sup>th</sup> Meeting Session</b>	9:00 - 9:50 am
(Your choice, any six topics)	
<b>Closing Meeting</b>	10:15 – 11:45 am
	Pineview
Lunch – Dining Room	12 Noon

### Please Check Out By 11 am

### Goodbye & God Bless!

The **2024 Couples Workshop** will take place on Oct 4 -6, 2024. The total cost is \$1,350.00 per couple. A **\$500.00 deposit** or more holds your reservation until **JUNE 12th, 2024**. Balance is due by August 1. **Make checks payable:**  
**Couples Communication Workshop**  
**Phone:** (949) 291-6715  
**Website:** [www.couplesworkshop.us](http://www.couplesworkshop.us)  
**Email:** [Info@Couplesworkshop.us](mailto:Info@Couplesworkshop.us)  
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