

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 communication's effectiveness 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. **Finances – How We Manage Them** Lakeview
(2nd Floor of Lodge)
2. **Back to the Art & Spirit of Intimacy?** Skyview
(2nd Floor of Lodge- Go out on the patio behind Pineview and walk toward the parking lot.)
3. **Leader's Choice of Topic -** Pineview
See sign up board for topics
(2nd Floor of Lodge)
4. **Making Time for Balance** Library
(2nd Floor of Lodge)
5. **Aging in Relationships** Brookside
(Across the parking lot from the front of the Lodge over the foot bridge. Follow signs)
6. **Fair Fighting? What Does It Look Like?** Jacaranda
(Walk out of the Lodge and up the parking lot a little. The building is on the left. Follow signs.)

Friday, October 4th, 2024

Registration Begins	3:00 pm Lakeview
Early Bird Meeting Podium Participation	4:30-6:00 pm Pineview
Dinner - Dining Room	6:00 pm
General Meeting 3 Couples Panel Topic Talk John & Maria, Brad & Jessica, Kamila & Darren	7:30 pm Pineview
Social Hour	9:00 - 11:30 pm Lakeview

Saturday, October 5th, 2024

Meditation Meeting (Skyview) Yoga (Lakeview)	6:15 – 7:00 am 6:00 – 6:45 am
Attitude Adjustment Meeting For Everyone	7:00 – 8:00 am Pineview
Breakfast - Dining Room	8:00 am
1st Meeting Session (Your choice, any of six topics)	9:00 -9:50 am
2nd Meeting Session (Your choice, any of six topics)	10:00 - 10:50 am
3rd Meeting Session (Your choice, any of six topics)	11:00 - 11:50 am
Lunch - Dining Room	12 Noon
4th Meeting Session (Your choice, any of six topics)	1:00 - 1:50 pm
5th Meeting Session (Your choice, any of six topics)	2:00 - 2:50 pm
OR	
Creating & Strengthening Couples Recovery: Research-Based Tips and Tools Workshop	
Bob Navarra PsyD MFT	2:00 –4:00 pm Pineview

Saturday, October 5th, 2024

Free Time - Play & Communicate! 3:30 – 6:00 pm	
Dinner - Dining Room	6:00 pm
General Meeting Gage and Michael	7:30 pm Pineview
Social Hour	9:00 - 11:30 pm Lakeview
Pillow Talk	9:15 pm Skyview

Sunday, October 6th, 2024

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

Please Check Out By 11 am

Goodbye & God Bless!

The **2025 Couples Workshop** will take place on Oct 3,4, & 5, 2025. The total cost is \$1,540.00 per couple. A \$500.00 deposit or more holds your reservation until JUNE 12th, 2025. Balance is due by August 1. **Make checks payable:**
Couples Communication Workshop
Phone: (949) 291-6715
Website: www.couplesworkshop.us
Email: Info@Couplesworkshop.us
Venmo: Couplesworkshop@Couplesworkshop
Zelle: info@couplestworkshop.us