Messages of Hope

“Retrouvaille hasn’t eliminated our problems, but has given us the tools to work with. We have a better understanding of each other and the maturity to talk things out instead of fighting.”

“We didn’t know what to expect. We were willing to try, but not sure it would help. We were certain it couldn’t hurt, and knew that if something didn’t happen soon, it would be too late.”

“My husband didn’t know how he felt about us anymore. Our weekend was a miracle. We got our marriage back on track by using our new tools.”

“I did not want to attend the program, I saw no hope for our relationship and just wanted out. I agreed at the last minute, and thank God that I did. This program has changed not only my marriage, but also my life.”

“I felt hopeful. For us, it was a new beginning after much darkness and pain.”

If you want to talk to someone, if you want more information, or if you want to register for the Retrouvaille Program in your area, CALL TODAY!
You do not need to identify yourself if you wish to remain anonymous when calling for more information. If you then wish to register for the program, please be assured that all names are kept confidential.
You can also register online in most communities.

NO COUPLE IS EVER DENIED

Costs vary from location to location. Contact the Retrouvaille community closest to you for specific information or visit the website below.

No couple is ever denied the chance to heal and renew their marriage because of lack of funds.

HOPE IS A PHONE CALL AWAY

CONTACT

HelpOurMarriage.com
800-470-2230 USA

For more information in your area call:
Oklahoma City Retrouvaille
(405) 443-3541

There is time to rebuild your Marriage!

Retrouvaille helps couples put the pieces back together and rebuild loving relationships.
With the pressures of conflicting demands and too little time, personal relationships are often taken for granted. With all the distractions, it is easily forgotten that strong relationships take work, and before we realize it, we have drifted apart, and the gulf between us seems insurmountable.

### MARRIAGE & MODERN SOCIETY

With up to one half of all first-time marriages ending in divorce, it is no wonder that society has created a few myths to help us justify divorce, and feel better about it.

The facts are that the divorce rate for 2nd time marriages is double that of 1st marriages. Couples in happy marriages live longer (they suffer from less depression and heart disease), have greater wealth (divorce drains the very reserves you struggle so hard to build), and a better standard of living.

Their children are happier, healthier (physically and emotionally) more secure, achieve more at school, and are less likely to have run-ins with their peers and authority. Children of divorced parents are more likely to have unstable marriages themselves.

**Retrouvaille** can help you remove the stress from your relationship, and to turn your home into an intimate community of life and love.

### WHO IS THE PROGRAM FOR?

**Retrouvaille** helps married couples who are:
- Struggling to communicate
- Struggling to stay together
- Cold & distant from each other, or
- Separated or divorced, but want to try again

Although the **Retrouvaille** program is based on Christian values, it is primarily a practical program about marriage. It is open to all married couples, regardless of their religious affiliation.

### THE RETROUVAILLE PROGRAM

**Retrouvaille** is a three month program, with three phases:

#### Weekend

THE PROGRAM BEGINS with a weekend experience in which couples learn to re-establish communication and to gain new insights into themselves as individuals and as a couple. This part of the program is presented by couples who have themselves experienced difficulties and have attended the program. You will find courage and strength in the realization that you are not alone in your struggle.

THE WEEKEND IS NOT a spiritual retreat, a sensitivity group, a seminar, a social gathering, nor is it counseling. You will not be asked to share your problems with anyone else. However you will be encouraged to put the past behind you, to look beyond the hurt and pain, in order to rediscover each other in a new and positive way.

The weekend will help you discover how listening, forgiveness, communication, and the dialogue process are powerful aids for building a loving and lasting relationship.

### Post Sessions

THE HURT AND THE PAIN of falling out of love cannot be healed in a single weekend experience.

The weekend is followed by a series of "post" sessions of about two hours each, held weekly or bi-weekly over a period of about 12 weeks. The techniques learned on the weekend are further developed and enhanced, and provide you with the additional tools that you need to explore other areas of your relationship, and to rebuild your marriage.

The Post Sessions are crucial, and will help you discover the role that your family of origin has played in your relationship, and how your personality styles interact. You will learn the art of effective listening and how to manage conflict. You will also learn how to forgive and to trust, and how to restore intimacy into your relationship, as well as many other new relationship skills.

### Core

In addition to The Weekend and Post Weekend phases of **Retrouvaille**, a support group called C.O.R.E. (Continuing Our Retrouvaille Experience) is offered for interaction with other couples who are striving to improve their relationship.

Attendance at CORE is optional, but can provide encouragement and new friendships as you begin building a healthy marriage.