The Retrouvaille Program is for Married Couples Facing Challenges or just wanting to Improve Communication in their Relationship.

- The Retrouvaille Program helps couples struggling in their marriage to put the pieces of their marriage back together and rebuild loving relationships OR to simply improve their communication skills and “reconnect” as a couple.
- It is a Christian program. While it is Catholic in origin, couples of all faiths or no faith background are encouraged to attend.
- It is primarily a practical program about improving communication, building a stronger marriage and helping couples rediscover the love they had for each other.
- Retrouvaille presenters are not trained counselors, but are couples that share their personal stories of marital struggles and the tools they used to rediscover their love.

Retrouvaille Is A Three Phase Program

Phase 1: The Retrouvaille Weekend

This part of the program consists of a weekend where three presenting couples and one priest provide tools through a series of presentations to help couples with communication, forgiveness and trust. It teaches a dialogue process of meaningful communication. The weekend is not a spiritual retreat, nor a marriage seminar. The team does not provide marriage advice but does provide a living example of how using the tools can improve your marriage. After each presentation, you will have a chance for reflection and discussion in complete privacy with your spouse. At no time during the weekend are you asked to share why you are there.

Phase 2: The Post Weekend Sessions

A series of follow up sessions is the next important phase of the Retrouvaille program. A marriage cannot be healed or changed in a meaningful way in a single weekend. The Post Sessions include a series of 2-hour talks by additional couples that expand on the weekend concepts, as well as introducing additional topics. These Post Sessions are as important to the Retrouvaille experience as the weekend itself.

Phase 3: Monthly Support (CORE)

The final phase is a monthly small group support meeting called CORE (Continuing Our Retrouvaille Experience). It allows for a casual and supportive interaction with other couples who have attended the Retrouvaille program. This monthly gathering reinforces the communication tools learned on the weekend and it is a positive and welcoming space that allows couples to form strong and lasting bonds as they continue to strengthen their marriages.

Call 1-800-470-2230