Getting It Back
Reclaiming Your Relationship

How many times have you heard the statement, "Marriage is work?" That is true but marriage should also be fun, enriching and collaborative, with empathy and compassion in our communications, emotional openness and physical closeness that help us bond with the one whom we have chosen to live out the rest of our lives! For some couples, they knew these things once upon a time but the challenges of relationship, work, family and others have led them to drift away from these important skills and they want to hone these skills. For others, they never knew how to "do it right" and have struggled to maintain their relationship through all the challenges of married life. Still others may be feeling so stressed and strained they cannot even imagine being married to their partner any longer.

Whether you are looking to simply improve your skills or are truly desperate for help, we offer a transformational weekend retreat where we will teach you evidence-based skills around conflict resolution, emotional literacy, communication, and intimacy that can give you the things you seek to get back the marriage you desire.

At **NO COST TO YOU**, the Charlie Norwood VA Medical Center, is sponsoring marriage enrichment retreats throughout the year in Georgia and South Carolina that have proven to strengthen and restore the communication and bonding so essential to a healthy marriage. These retreats are facilitated by experts acknowledged for their success in guiding couples and families like you to a healthier way of living and loving.

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Cut on dotted line.

Registration
Marriage Enrichment Retreats
2014 - 2015

Please indicate by placing an X in the box next to the dates of the retreat you wish to attend:

- ☐ August 15-17 2014 Rome, GA
- ☐ Oct. 24-26 2014 McCormick, SC
- ☐ Jan 9-11, 2015 McCormick, SC
- ☐ March 27-29, 2015 Rome, GA
- ☐ June 5-7, 2015 McCormick, SC
- ☐ August 14-16, 2015 Rome GA

Please indicate by placing an X if you have special accomdation needs.

Names: _____

_____

Address: _____

_____

Phone: _____

Alternate phone: _____

Email: _____

Alternate email: _____

Veteran Signature: _____

Spouse Signature: _____

At what VA center do you receive care?

_____

Name of your primary care provider?

_____

McCormick, SC

Rome, Georgia

Marriage Enrichment Retreats

2014 - 2015

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*Locations subject to change
Registration does NOT guarantee acceptance on our part. Each couple MUST first be screened by an appropriate VA provider and determined to be ready for the intense subject matter of our retreats.

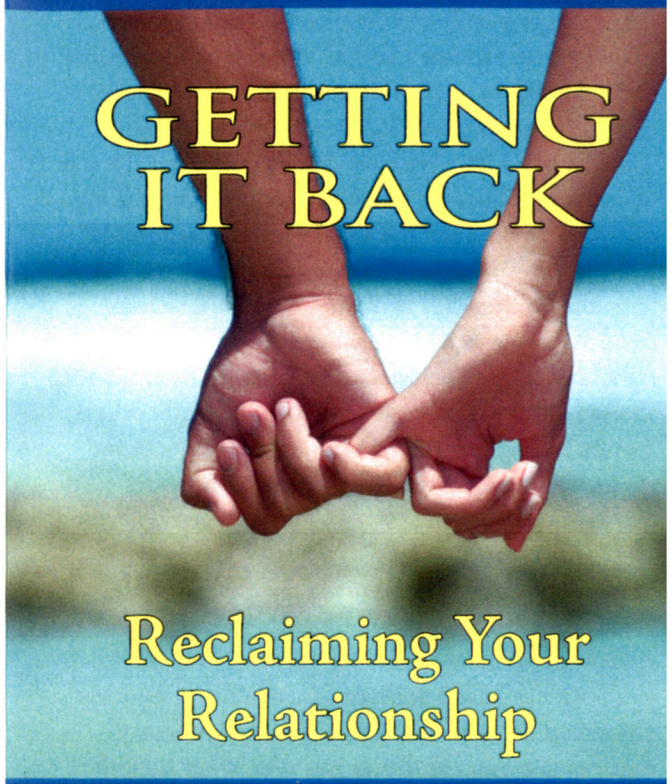
Registration must be postmarked no later than 10 days prior to the retreat start date.

Please mail completed form to:
Charlie Norwood VA Medical Center
Chaplain Service-125U
1 Freedom Way

Augusta, Georgia 30904-6285
Phone: (706) 733-0188, ext. 6172/6118

Or Fax completed registration to (706) 481-6761

Charlie Norwood VA Medical Center



Marriage Enrichment Retreats

2014 - 2015

Open to all Veterans, National Guard and Reserve

1 Freedom Way
Augusta, Georgia 30904-6285
www.augusta.va.gov