

**Facing Transitions Together: A Couple Enrichment Retreat**  
 MARCH 13 - 14 and 20 - 21, 2021 (Online, 3 sessions per weekend)

With Friends Couple Enrichment leaders

Mike & Marsha Green, Kathy & Jeff Richman, and Annie Lange & Sal Backofen

To sustain intimacy over the years, partners must face together times of change and transition. The ability to share deeply the mix of emotions of life's seasons -- joys, fears, hopes, sadness — ultimately deepens our committed relationships. Whether you are just beginning as a couple or have been together for many moons, whether your partnership is a mixed- or a same-gendered one, bring your beloved and join us as we explore the practices and skills involved in nurturing our relationships. For more of an introduction, watch the Friends Couple Enrichment [QuakerSpeak video](#) online.

This will be an online workshop with 6 sessions over two weekends. The sessions are scheduled to accommodate multiple time zones. Couples are expected to attend all sessions.

	<b>Time zone &gt;</b>	<b>Alaska</b>	<b>Pacific</b>	<b>Mountain</b>	<b>Central</b>	<b>Eastern</b>
1	Sat. Mar. 13	10 am-noon	11 am-1 pm	noon - 2 pm	1 - 3 pm	2 - 4 pm
2	Sat. Mar. 13	2 - 4 pm	3 - 5 pm	4 - 6 pm	5 - 7 pm	6 - 8 pm
3	Sun. Mar. 14	noon - 2 pm	1 - 3 pm	2 - 4 pm	3 - 5 pm	4 - 6 pm
4	Sat. Mar. 20	10 am-noon	11 am-1 pm	noon - 2 pm	1 - 3 pm	2 - 4 pm
5	Sat. Mar. 20	2 - 4 pm	3 - 5 pm	4 - 6 pm	5 - 7 pm	6 - 8 pm
6	Sat. Mar. 21	noon - 2 pm	1 - 3 pm	2 - 4 pm	3 - 5 pm	4 - 6 pm