

# a day together

seminar for couples to invest in their relationship



“ Fantastic, every couple should do this ”

## Spending time as a couple is one of the most significant things you can do for your relationship.

We know it's easy to let time with each other take second place to the endless list of things that 'must get done'. This is why we invite you to attend a 'a day together' seminar... a special time away to listen, laugh and learn more about each other... to talk and reconnect whatever stage of life we are in. Think of it as a relationship 'health check'.

You will enjoy quality communicators who will present practical relationship tools based on Biblical principles, brought alive with personal stories and illustrations. There are personal application exercises and of course plenty of time to talk privately as a couple. There are NO group exercises or role plays!

Whether you're married or not, whether your marriage is solid or struggling you will leave inspired and equipped to strengthen and grow your relationship with a renewed sense of purpose and hope.

## Sessions

- 1 Communicating together:** developing a deeper understanding of each other.
- 2 Growing together:** identifying what tends to pull us apart and what helps us to grow closer.
- 3 Resolving conflict together:** managing our disagreements in a healthy way.
- 4 Loving together:** understanding each other's needs and love languages.
- 5 Moving on together:** discovering fresh ways to continue growing as a couple.

## Event details

Join us for this great one day event in March.

**Saturday 11th March 2017**

**Start:** 10.00am (registration & coffee from 9.30am).

**Finish:** by 4.45pm.

**Place:** Saint Andrew's Centre, School Hill, Histon, Cambridge CB24 9JE.

**Cost:** £40.00 per couple, refreshments & buffet lunch provided.

**Register** at [adaytogether.org/histon](http://adaytogether.org/histon)

**For more info** contact Jo Roach, tel: 01223 232513, Email: [office@standreshiston.org](mailto:office@standreshiston.org).

**Nursing couples:** Attended crèche facilities are not available but nursing mothers are welcome.

## What others have said



“ A breath of fresh air, a renewed relationship ”



“ It has been a great day. Put our marriage back on track ”

“ Time well spent ”



“ Excellent material and brilliantly presented ”

“ I realised that our experiences are not unique and learned to appreciate our differences ”



**familylife**

Tel +44 1753 669473

Web [www.familylifeuk.org](http://www.familylifeuk.org)

Email [info@familylifeuk.org](mailto:info@familylifeuk.org)

FamilyLife is a ministry of **agapé**

## Booking info

Register at [adaytogether.org/histon](http://adaytogether.org/histon)