



**Covid 19—a very challenging time for many marriages.**

So much uncertainty around, health, income, employment, vulnerable family members, children, housing.

Different ways of seeing things, coping with change, managing fears can be a source of conflict and stress. It can be difficult to talk, to listen to support and comfort when there is so much uncertainty.

Being together all the time, brings different challenges.

You wonder would we be better apart?

**Retrouvaille** is a programme to support couples, it brings a positive focus, new hope and helps nourish and grow your marriage ....and you don't need to leave home, it comes to you!

For confidential information about Retrouvaille', or to register for the next programme, a Virtual weekend commencing **24<sup>th</sup> October 21<sup>st</sup>- 2021** Call or text 086 8211795.

Email: [info@retrouvaille.ie](mailto:info@retrouvaille.ie) – or visit [www.retrouvaille.ie](http://www.retrouvaille.ie)



## **A Lifeline for Marriage!**

**Has Covid put you under more stress as a couple?**

**Is your marriage become stressed, unloving, cold?**

**Do you argue more?**

**Do you want to improve your communication?**

**Have you separated, divorced, are you thinking about it?**

**Do you want to try again?**

**The Retrouvaille programme may be just what you need!**

**The next programme commences with a weekend**

**21st – 24<sup>th</sup> October 2021**

**For more information**

**Tel or Text 01 495 3536**

**01 450 0922**

**086 413 5440**

**(Complete confidentiality assured.)**

**Email [info@retrouvaille.ie](mailto:info@retrouvaille.ie)**

**Website : [www.retrouvaille.ie](http://www.retrouvaille.ie)**