



# TAKING OFF THE GLOVES

FIGHTING YOUR WAY  
TO A GREAT MARRIAGE

**Friday, October 1st**

6:30 - 9:00 pm

**Saturday, October 2nd**

9:00 am - 2:00 pm

Cost: \$65.00/couple

231.922.9882

Research indicates that the number one predictor of the breakdown of marriages is avoidance of conflict. Join us for a two day retreat focused on the topic so many of us want to avoid, but handled well is the pathway to deep intimacy in marriage!

## GOALS FOR THIS RETREAT:

At the completion of the Friday/Saturday retreat each couple will:

- Be able to identify the difference between normal, healthy marital conflict and the warning signs that indicate conflict is creating relational health problems
- Know their own conflict "style" and have identified ways to fine tune that style to contribute to more constructive outcomes for both partners
- Have specific tools to use individually and as a couple to manage the tension that goes along with conflict so there is less likelihood of "brain hijacking"
- Learn techniques to get your marriage back "in play" when the passion and friendship has cooled down
- Hear how other couples have used the conflicts they've experienced as a means to grow stronger love and commitment in their marriage, rather than derailing the marriage and feeling estranged from one another
- Have the experience of fun and laughter with others who are experience some of the same challenges

## PRESENTERS:

**Linda S. Lewis, M.S.W.** is a Licensed Marriage and Family Therapist, with over 30 years of experience working with families. She currently is consulting with Bay Pointe as the Marriage and Family Ministry coordinator, and has been in private practice in this community since 1986.

**Tim Homa, M.A.** is the Student Ministries Pastor at Bay Pointe and has over 20 years of counseling experience with families.

**BAY POINTE**  
community church

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