



Retrouvaille is a French word
meaning...

To find each other again,
To find oneself again,
To find one's way again

Retrouvaille Vancouver Program Information for 2025

Retrouvaille is a program designed to help couples revive their marriages. If you are feeling disappointment, disinterest, a lack of fulfillment -- if your marriage has become unloving, uncaring, cold, or distant -- if there is little or no meaningful communication -- even if you have "given up" in misery and despair -- Retrouvaille *can* help you! This program has helped many thousands of couples recover from *all kinds* of marital crises; heal deep hurt; restore trust and respect; even rediscover romance!

If you have registered or requested this information letter, you may have heard from someone about the success of the program or seen some of the testimonials online at our website: www.helpmymarriage.ca. This letter will give you the information you need to confirm or decide whether the Vancouver program is right for you. Please set aside the time you will need to read it fully, with your spouse if possible.

About the Program

Retrouvaille is premised on the concept of marriage as a solemn commitment. While it arose in affiliation with the Catholic Church, it is open to married couples of all faiths, or no faith at all. Although there will be a priest in attendance on the weekend portion of the program, this is a course in relationship rebuilding, not religion. Retrouvaille works on enabling couples to build the closeness that is missing or may have been eroded in their relationships.

Much like a recovery program, the entire course spans a time frame of about three

months. The first part of the program is a weekend at a retreat centre or hotel, starting at about 5 p.m. Friday and continuing to about 4 p.m. Sunday. The identity of couples attending the weekend is kept in strict confidence. We can confirm that the October weekend will be held at [The Cedars Inn and Convention Centre in Gibsons, BC](#).

The presenters on the weekend are the priest and three couples that have been through the program. The presenting couples will all share deeply how they experienced pain and misery in their marriages and rebuilt their relationships through the Retrouvaille program. These couples volunteer their time because they know firsthand the effectiveness of Retrouvaille.

The weekend the team presents a communication technique that helps bring kindness, love, and emotional intimacy to your marital communication. The topics of love, commitment, trust, and forgiveness are viewed through the lenses of personality styles, family of origin, faith, and communication. Each of the presenting couples will provide personal sharing about how they apply these concepts in their marriages. Attending couples *are not* required to share in a group setting with other couples. After each presentation, you will have a chance to reflect by yourself, and then use this new technique to discuss your reflection with your spouse, in complete privacy.

The weekend program is followed by 12 weekly 2-hour “post-weekend” sessions, usually on the following Sunday afternoons. The post sessions are offered by Zoom and in some cases, also in person. The weekly post sessions are a *crucial* part of the program. You are going to be working on making long-term changes to address issues that may have taken many years to develop, and the weekend does not offer a “quick fix”. Couples who register for the weekend are therefore asked to commit to all the post sessions. Be assured however that if you *must* miss a session, your spouse may attend without you, and there are options for making up missed sessions online or after a later weekend.

Registration

When you decide you are ready to register, you have three options:

1. Fill out our online form at: <https://helpourmarriage.org/register/1132/30b237de-21a9-49b2-8403-b40a3102909c>.
2. Send us an email at Vancouverbc@helpourmarriage.org
3. Call us at 604-530-6710

You will be asked for a registration deposit of \$500.00 to save your spot and given payment options, including e-transfer to Vancouverbc@helpourmarriage.org. Your registration and payment of the deposit will be acknowledged by email.

Please read on for further financial information.

Financial Information

No couple is ever denied the chance to heal and renew their marriage because of lack of funds. Although the total cost to us of the program varies depending on attendance and current costs, our current estimate is about \$1300 to 1500 per couple. We can state that we will not permit it to exceed that amount. This is all-inclusive, and covers accommodation, meals, the conference room, costs of the presenting team, materials, and *all 24 hours of the 12 post sessions*. While this may seem high, you might consider that it comprises a 3-month program, and compare it with counselling costs or even legal fees.

You will be asked on the Sunday of the weekend to fill a donation envelope with the cost of your stay plus the cost of putting on the program (approximately \$800 to \$1000 in addition to your deposit), *plus* whatever additional voluntary donation you feel you can afford.

What you put in the envelope stays between you and your spouse. We fully understand that some couples may not be able to afford the whole cost of their participation in the program. Thankfully, others are often able to donate more than the cost of their own attendance, to help less fortunate couples attend. We find that with a little faith things just tend to work out.

Couples who donate more than the program cost will receive a tax receipt for their

additional donation. Canadian tax laws require that donations exceed the cost of the benefit (program) by more than 25% [e.g., an additional \$375 or more for a \$1500 program] to be eligible for a tax receipt. Tax receipts for qualified donations are issued electronically early in the new year following the weekend.

Next Steps

After you have registered and paid your registration fee, a couple from the Retrouvaille Vancouver community will be in touch with you a few weeks before the weekend to go over some details of the program. Once we have spoken with you, we will send the final information package with directions and what to bring. Please do not hesitate to reach out if you have any questions or require further information in the meantime.

We pray that you can make the important decision to attend the program and start your marriage recovery!

Love and blessings,

Tim and Carol Ellan
Community Coordinators
Retrouvaille Vancouver

