

# RESOURCES FOR COUPLES EXPERIENCING DIFFICULTIES IN THEIR MARRIAGE

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## *Catholic/Christian Marriage & Family Counsellors and Therapists*

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Feel free to ask the Marriage, Family & Life Office for recommendations.

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## *Retreats for Couples Seeking Healing in their Marriage*

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### **Created for Connection - A Christian Retreat for Couples**

Offered once a year by the Marriage, Family and Life Office of the Archdiocese of Saint Boniface. Couples are invited to deepen their connection and create a more secure love relationship.

The retreat is based on the highly effective method for helping couples: Emotionally Focused Therapy.

Info: [www.ArchSaintBoniface.ca](http://www.ArchSaintBoniface.ca) (Marriage, Family & Life) | [mfl@archsaintboniface.ca](mailto:mfl@archsaintboniface.ca); 204-594-0274

### **Retrouvaille**

Retrouvaille is a program for married couples facing difficult challenges in their relationship and aims to help couples restore their marriage and rebuild a loving relationship. It's a Christian program, Catholic in origin, and all are welcome to attend.

Info: [www.helpourmarriage.org](http://www.helpourmarriage.org)

### **Hope Restored Marriage intensive**

Hope Restored is a program of Focus on the Family Canada seeking to help and restore marriages in crisis.

Info: [www.hoperestored.focusonthefamily.ca](http://www.hoperestored.focusonthefamily.ca) | 1.833.999.HOPE (4673)

### **The Art and Science of Love**

The Gottman Institute's science-based workshop has been shown to help 94% of the couples who use it. Drawn from Dr. John Gottman's four decades of research with over 3000 couples, the material in The Art & Science of Love rebuilds or increases the friendship, intimacy, and respect in your partnership.

There are options to do the workshop in-person, online, or as a DVD-set.

Info: <https://www.gottman.com/couples/workshops/art-science-of-love/>



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## *Useful Websites*

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**Marriage Builders:** [www.marriagebuilders.com](http://www.marriagebuilders.com)

Introduction to some of the best ways to overcome marital conflicts and some of the quickest ways to restore love.

**#staymarried:** [www.staymarriedblog.com](http://www.staymarriedblog.com)

Hope, stories, and resources for couples who want to stay married.

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## *Support by Phone or Internet*

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**Focus on the Family – Counselling:** [www.focusonthefamily.ca/get-help/counselling](http://www.focusonthefamily.ca/get-help/counselling)

Phone number: 1-800-661-9800

The first session is free. You are welcome to start with a consultation with one of our staff, who can then advise you how you can gain further support for the issue you are experiencing.

**Pastoral Solutions Institute - Tele-Counselling Services:** <https://www.catholiccounselors.com/services/>

Phone: 1-866-724-1196 or Email: [contact@catholiccounselors.com](mailto:contact@catholiccounselors.com)

Pastoral Solutions can help you find faithful solutions on issues such as marriage or parenting difficulties, sexual problems, codependency, depression and anxiety, etc.

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## *Struggles with Particular Issues*

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### **Pornography**

**STRIVE 21 - Detox Program:** [www.strive21.com](http://www.strive21.com)

Recovery and Support program for those struggling with pornography – currently free!

**Fight the New Drug:** <https://fightthenewdrug.org/>

Organization that provides individuals the opportunity to make an informed decision regarding pornography by raising awareness of its harmful effects using science, facts, and personal accounts.

**Brain Heart World Docuseries:** <https://brainheartworld.org/>

A 3-part docuseries on the harmful effects of pornography



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## Extra-Marital Affair

**Beyond Affairs Network:** [www.beyondaffairs.com](http://www.beyondaffairs.com)

An organization that specializes in helping couples and individuals affected by infidelity restore their lives – and get from broken to healthy and whole again.

## Toxic Relationships

**Marriage Recovery Centre:** [www.marriagerecoverycenter.com](http://www.marriagerecoverycenter.com)

An organization that aims to heal marriages and help individuals find freedom from unhealthy behaviors, destructive cycles and past hurts.

## Anger & Violence

**Compassion Power:** [www.compassionpower.com](http://www.compassionpower.com)

Anger and violence regulation: Compassion courses on personal healing, relationship repair, emotional abuse, anger, resentment and healing

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## *Print Resources for Struggling Marriages*

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*The following books are available at the Resource Library of the Archdiocese of St. Boniface:*

**Created for Connection** – Author: Sue Johnson

Get to the emotional underpinnings of your relationship by recognizing that you are attached to and dependent on your partner in much the same way that a child is on a parent, and that we are on the Heavenly Father, for nurturing, soothing, and protection.

**\* See also - Hold Me Tight** – Author: Sue Johnson (*Original, secular version of 'Created for Connection'*)

**The Seven Principles for Making Marriage Work** – Author: John Gottman

These principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family or anything else.

**Should I Stay or Go? How Controlled Separation (CS) Can Save Your Marriage** – Author: Lee Raffel



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