

About the Speaker

Fred Cavaiani LMFT, LLP is a Licensed Marriage & Family Therapist and Limited Licensed Psychologist. He has graduate degrees in Psychology, Marriage Counseling and Theology. He has a very successful practice in Psychotherapy & Marriage Counselor in Troy, Michigan over the past 30 years. Fred has presented programs in over 190 parishes and at many retreat houses throughout the United States. He does programs here at Capuchin Retreat, Manresa Jesuit Retreat in Bloomfield Hills, and at St. Paul's Passionist Retreat in Detroit. He writes a column for the Detroit Legal News and Oakland County Legal News called the Counselor's Corner. He has been twice awarded Teacher of the Year at Davenport University where he taught courses in Psychology for 10 years. Fred has worked closely with the Capuchins over many years. His programs for couples LISTENING AND LOVING, THE THREE INTIMACIES OF MARRIAGE, and BEYOND HONEY I'M HOME have been very popular. Fred is currently married to his wife, Alice, for over 36 years. They have three adult children and four grandchildren. We are happy to have Fred as part of our staff here at Capuchin Retreat.



Capuchin Retreat
62460 Mt. Vernon Rd
P.O. Box 396
Washington, MI 48094
248-651-4826
www.capretreat.org
Email: info@capretreat.org



Listening and Loving

Three part series

September 26, 2010 –Listening & Loving God

October 24, 2010 - Listening & Loving Yourself

November 21, 2010 - Listening & Loving Others

*An Experience for
Couples in
Communication with God,
with Self, and with Others*



Be sure to make room in your schedule for all three sessions

September 26

Listening & Loving God - Happiness first begins with opening our hearts & minds to God. In silence God speaks to us. This session will teach us the basic principles of deepening our relationship with God as a couple and as in individual.

October 24

Listening & Loving Ourselves - This session will help us open up to our own depths. It will help us treasure and appreciate our own feelings and help us share our feelings with our spouse. It will also help us take better care of ourselves physically, emotionally and spiritually.

November 21

Listening & Loving Each Other - This session will help us appreciate the importance of listening to each other and loving each other. It will create a deeper bond with each other and help us realize the importance of showing love, kindness and acceptance to all.

What happens during each session

The session begins with sharing why you are here and what you want to get out of the program. As a couple, you will each have an opportunity to respond to a series of quotations which center around the theme of the program. Then you will have time to share your thoughts and feelings with your partner.

As the sessions continue you will develop a deeper feeling of intimacy with your partner and also a feeling of intimacy with the group. You will feel more connected to each other, to your own personal self, and also to God.

These sessions are designed for engaged couples, married couples, and those in a committed relationship.

Schedule

- 4:30 p.m. - 5:15 p.m. Registration, Social
- 5:15 p.m. - 6:15 p.m. Dinner
- 6:15 p.m. - 8:30 p.m. Program



What past participants have said about Fred's programs



"This program was a beautiful gift. The talks given by Fred were inspiring, touching, and healing."

"This program has put a breath of fresh air in our relationship."

"I thought today opened my eyes to what a marriage commitment really is. You have given me the tools to keep our marriage fresh both spiritually and emotionally."

Each Session - \$55/couple or \$150 for all 3 sessions

To register or if you have any questions, call 248 651-4826

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