

# YOU ARE INVITED TO A FIRST RESPONDER OXYGEN RETREAT BY STRONGER FAMILIES

You're invited to the OXYGEN First Responder's Retreat, where you can savor some moments together, recharge, get expert input, and rekindle your love during these challenging times.

This retreat includes two nights at the Bellevue Hyatt, \$100 for meals, free counseling, and 4 sessions from the OXYGEN Program, a national program that has served over 50,000 from our US Military families.

This is a great opportunity to get away together and gain some tools to make your relationship stronger!



**10-12 September 2021**

**TIME:** Friday 4pm - Sunday 12pm

Registration opens August 2nd.

Register at: <https://fr-retreat-sep21.eventbrite.com>

**Cost: \$79 per Couple**

*Lodging*

*Meals*

*All Course Materials*

YOUR SEMINAR WILL BE LED BY:

Members of Local  
Agencies' Peer  
Support Teams

## TOPIC HIGHLIGHTS:

- Strategies to get over the same old issues
- A better understanding of each other's needs
- Tools to resolve conflict and be heard
- Ideas to rekindle your romance
- Action plan for your relationship
- Resources for work and home

## Retreat includes the following:

- 2 Nights at the Bellevue Hyatt (Fri & Sat nights)
- \$100 Credit for Food
- Course Materials & Online Assessments
- 4-Session OXYGEN Seminar
- Optional in-person, Confidential Counseling

For more information, please contact Stronger Families at 425-679-5671, [events@strongerfamilies.org](mailto:events@strongerfamilies.org)

**INCLUDES:** • Lodging • Meals • Course Materials • Personality Assessments