

What to Bring

Bring comfortable clothing suitable for both indoor and outdoor activities (weather permitting). Bring toiletries, medications, and any other necessary health-related items (i.e., C-PAP, glucose monitor, etc.). Optional: swim attire during summer months.

What to Leave at Home

Leave all computers and electronic devices at home. Do not bring work or work-related assignments. Intensives require full attention. Cell phones are not permitted during sessions, and couples are encouraged not to contact family members during the intensive, except in emergency situations.

What to Expect

Expect challenge and change. Expect to feel both energized and exhausted. We suggest that couples build an extra free day of travel home from the Intensive for rest and reflection before returning to daily routines.

"... marathon couples counseling sessions are just what's needed to get to the heart of what's going on. The couple is able to focus intensely on their issues, without the constant interruption of everyday life."

—Relationship Therapy Center



How to experience an Intensive

1. Schedule a free information/screening call (to determine if an Intensive is right for you).
2. Complete intake questionnaires.
3. Participate in a virtual consultation.
4. Attend Intensive—Days 1-2 include counseling, trauma processing, skills practice, and scheduled free time. Intensive concludes on day 3 with a morning wrap-up session. Optional: Informal meet-n-greet evening prior to intensive.
5. Follow-up with a virtual check-in.

FOR MORE INFORMATION:

Keith or Sarah Fletcher
JCity Center for Hope and Renewal
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**Marriage is priceless.
An intensive experience to
strengthen your marriage
should be affordable.**




HOPE and RENEWAL
marriage intensive experience



HOPE

Healing Our Painful Experiences

Many times, painful experiences, whether within the marriage or remnants from childhood, create a barrier to hope and renewal. Using therapeutic processes designed specifically to address these hurts, a Hope and Renewal Marriage Intensive nurtures individual and couple healing. Healing doesn't necessarily suggest that these experiences will not affect going forward; however, as the impact of these experiences lessens, couples can gain opportunities for growth and better understanding of each other.

The intensive includes individual sessions with a licensed clinical professional counselor devoted to processing trauma and/or unwanted behaviors. These sessions integrate faith, prayer and Scripture with EMDR, an evidence-based trauma therapy, also shown effective in treatment of addiction.

EMDR-focused couple sessions provide opportunities for sharing and reflecting upon insights gained through individual processing.

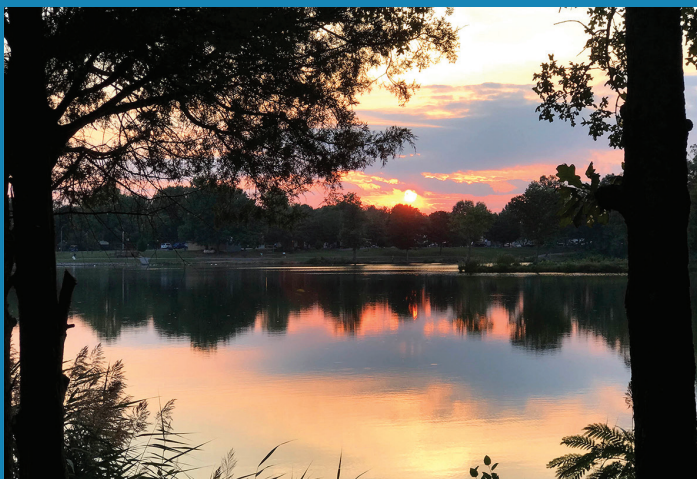
RENEWAL

Hope and Renewal Intensives are uniquely designed for each couple, dependent upon individual needs, level of trauma, and life season. Sessions provide guided instruction, experiential processes, and open interaction centered around these seven key elements of a healthy Christ-centered marriage:

- 1 Effective Communication**—utilizing personal strengths and toning emotional muscle to create an atmosphere in which each person feels heard and understood.
- 2 Healthy Conflict Resolution**—exploring biblical peace-making, understanding conflict styles, practicing fair fighting rules, and developing non-confrontational strategies for addressing issues.
- 3 Appropriate Boundaries**—maintaining safety and moving toward healthy interdependence.
- 4 Increased Empathy**—gaining greater sense of the other person's stories and emotions.
- 5 Multi-faceted Intimacy**—broadening understanding of intimacy and encouraging a healthy and meaningful view of oneness.
- 6 Couple Discipleship**—identifying and implementing spiritual gifts while growing together in relationship with God
- 7 Unified Stewardship**—addressing financial concerns from an abundance perspective rather than a scarcity mentality.

Couples may choose areas for specific focus, with understanding that Hope and Renewal will develop, customize, and implement a balanced program for improving overall marriage health.

ARROWHEAD LAKE, JOHNSTON CITY, IL (a possible Intensive activity location)



The Fletchers, your guides through the Intensive



Keith and Sarah Fletcher lead the Hope and Renewal Intensives. Keith and Sarah bring 45 years of marriage experience into these processes. Keith is an ordained minister and Certified Christian Life Coach, also trained as a Pastoral Sex Addiction Specialist. Sarah is licensed as a Clinical Professional Counselor and National Certified Counselor trained in a variety of therapy areas. Sarah previously worked as a life coach for a Christian ministry focused on betrayal trauma. Keith and Sarah logged 15+ years in Celebrate Recovery, and have participated in multiple recovery-oriented retreats. Sarah is also a Serve-Safe Food Service Manager.



We welcome
you to stay in
our home

Hope and Renewal Marriage Intensives offer an all-inclusive package (intensive sessions, materials, lodging, and meals). JCity Center for Hope and Renewal serves as the site for the Intensive program. The Fletchers offer bed and breakfast style lodging in their century-old home. However, couples are welcome to obtain other lodging at their own expense. Meals are served at JCity Center or in the Fletcher's home. Dietary accommodations will be considered upon request (advance notice required).

All-Inclusive Pricing

Marriage Intensives can cost \$5,000+ without lodging or meals. The price of Hope and Renewal Intensive is \$750 all-inclusive. An initial screening/info call is free, but a non-refundable \$100 deposit is required at registration. The flexible 3-Day format allows scheduling on weekdays or an extended weekend.