CANA Welcome

A JOURNEY
TO GROW AS A COUPLE

CANA Welcome is a one-year journey for couples. It is made up of 9 monthly evenings on concrete topics about couple life and a weekend that includes children.

Spend time with other couples

A supportive sharing group to discuss conjugal life together

Topics roosted in everyday life

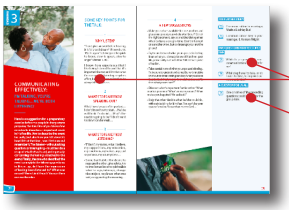
Communicating effectively, work life balance, resolve conflicts, etc...

Time for your couple

Choose this year to take time to better love better each other

A weekend to go further

Get out of everyday life to experience a special moment for our couple



How does an evening work ?

10 min when the topic is introduced by one of the couples

30 min of couple time where you are given questions to discuss

45 min of sharing with other couples

+ Other suggestions to go further

CANA HOUSE
1230 route de Pommiers
69480 Anse
www.cana.org