

## **Black Marriage Day DC 2016 Brief Synopsis**

(B Intentional LLC & Covenant Full Potential Development Center)

When: April 2 & 3, 2016

Time: 4/2-TBD/Approx. 5-6 hours (i.e., 10am-4pm) & 4/3-5:00pm-9pm

Day 1 Location: Covenant Baptist UCC

Day 2 Location: U.S. Navy Memorial Museum

Facilitators: Ayize & Aiyana Ma'at

This 2 day event production will focus on exploring what's needed to create, maintain, & grow strong and committed love relationships.

**Day 1 (4/2):** This will be a full day workshop event designed to take participant through an experiential and educational process. The workshop will focus on imparting concrete strategies for couples to use to increase relationship satisfaction. Areas covered will include increasing intimacy, developing strong communication & conflict management skills, and strengthening commitment.

**Day 2 (4/3):** Stories of relationship hardship, difficulty, celebrations and successes will be shared. Principles & strategies for creating and maintaining healthy marriages will also be highlighted. This will be done in the following ways: Ayize & Aiyana will share highlights & lessons from their own relationship story. Other selected couples will share their personal stories of courage and commitment as well . Music & Poetry will be interwoven throughout the evening via "Moments of Reflection". Evening/Date Night Event

Ayize & Aiyana Ma'at

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