



# Sibling Retreat



Held on the North Fork of Long  
Island

Relationships with siblings are sometimes the longest relationships in our lives. They can be some of the most rewarding as well as the most challenging relationships we are involved in.

The retreat is held at a bay-front location in Mattituck, NY | \$200 for retreat  
Retreat begins at 9a through 4p; snacks & lunch included

**Please check the “News and Events” section of the website for a schedule of upcoming retreats.**

*To request a specific date or location for a Sibling Retreat, please call (631) 298-7230. For a listing of accommodations, visit [www.melmarenterprises.com](http://www.melmarenterprises.com).*

## In this peaceful setting siblings will explore:

- Family culture
- Birth order
- The role you play in your family
- Sibling relationships
- Gender favoritism
- Generational influence
- Understanding conflicts

## In this retreat siblings will gain knowledge that will last a lifetime:

- Accept your siblings as they are
- See the positive qualities of each sibling
- Discover who you are to one another as adults
- Have a better understanding of yourself
- Improve your other relationships both personally and professionally

Your facilitator Mary Eisenstein has conducted personal development programs with thousands of people around the world. She is also a mediator and personal coach.

**To register and for information, call 631-298-7230 or visit [www.melmarenterprises.com](http://www.melmarenterprises.com).**