

Registration is limited to the first 10 couples per location.

Farm Couple Retreats are supported by the Farm and Ranch Stress Assistance Program award no. 2021-70035-35461 from the USDA National Institute of Food and Agriculture. Please register early and be one of the couples to enjoy this retreat.

Faribault: Jan. 21-22 St. Cloud: Feb. 4-5 Thief River Falls: Feb. 11-12

Name (include both partners): _____

Address: _____

City, State, Zip _____

Email: _____ Phone: _____

Farm Operation Type (circle) Dairy Beef Hog Crop Other _____

There is a \$100/couple down deposit to reserve your spot. Deposit is refundable on the second day of the retreat.

This work is supported by the Farm and Ranch Stress Assistance Program award no. 2021-70035-35461 from the USDA National Institute of Food and Agriculture.

Thank you to our partnerships



Please note that these events will follow the current COVID-19 safety guidelines. Events are subject to be postponed or canceled.



Farm Couple Retreat

Retreat Details

Day 1: Check-in at 12:00 PM

Day 2: Retreat ends at 1:00 PM

Each retreat location is open to the first 10 farming couples that register. To check availability or have questions, please contact Leah Bischof at (320) 429-0611 or leahbischof@gmail.com.

Retreat Overview

The focus of the retreat:

- Communication with partner
- Communication with family
- Relationship building
- Handling stress
- Personalities
- Enjoying time away
- Problem solving
- Learning about resources

The retreat will include networking with other farming couples, short lecture, group activities, and partner exercises.

Instructors for this retreat include Monica Kramer McConkey, Emily Krekelberg, Jim Salfer, and Leah Bischof.

Each retreat will allow the couple to get away from everyday farm work and focus on a farm/family issue, set goals, and seek opportunities to attain them.

Dates and Locations

January 21-22, 2022 – Faribault, MN

GrandStay Hotel & Suites
1500 20th Street NW
Faribault, MN 55021

February 4-5, 2022 – St. Cloud, MN

Country Inn & Suites
235 Park Avenue South
St. Cloud, MN 56301

February 11-12, 2022 – Thief River Falls, MN

C'mon Inn
1586 US-59
Thief River Falls, MN 56701



Registration Details

Please mail registrations to the following address:

Leah Bischof
25554 County Road 136
St. Cloud, MN 56301

\$100 per couple down deposit is required to reserve your spot; refundable on day 2 of the retreat. Please mail your down deposit with registration to reserve your spot. Checks can be made out to “MDI” or “Minnesota Dairy Initiative.”

All lodging, meals, refreshments, and materials are included in the registration.

Registrations are due by **January 7, 2022.**

Upon receiving the registration, a confirmation letter will be sent to each couple.

