

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.

Detroit Lakes: Jan. 20-21 St. Cloud: Jan. 27-28 Mankato: Feb. 10-11

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 and the Northwest Minnesota Foundation.

Thank you to our partnerships



"We enjoyed networking and learning more about our personalities and communication styles as well as spending time away from the farm and reconnecting with each other"

-Farm Couple Retreat 2022 Attendees



Farm Couple Retreats

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 Emily Mollenhauer at (651) 764-0309 or emmollenhauer@gmail.com.

Dates and Locations

January 20-21, 2023 – Detroit Lakes, MN

Country Inn & Suites
1330 Hwy 10 E
Detroit Lakes, MN 56501

January 27-28, 2023 – St. Cloud, MN

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

February 10-11, 2023 – Mankato, MN

AmericInn
240 Stadium Rd
Mankato, MN 56001



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 Emily Mollenhauer.

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.

Registration Details

Please mail registrations to the following address:

Emily Mollenhauer
27500 County 9 Blvd
Goodhue, MN 55027

\$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 due by **January 6, 2023**.

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

