

Marriage Preparation

Helping you prepare for a lifetime of love, not just your wedding day...

Marriage preparation is *an investment in your future together*. It may be the only form of marriage insurance around. A marriage preparation course will provide useful tools so you can create and nurture a healthy, loving relationship.

Marriage Preparation affirms and celebrates your areas of strength as a couple while helping you to explore growth areas in your relationship.

Maybe you've established a life and home together already.

Marriage preparation will still benefit you at any stage of your relationship because a strong marriage prep course invites a *facilitated discussion and reflection with a relationship specialist*. You will:

Explore strength and growth areas	Develop a more balanced relationship
Strengthen communication skills	Explore family of origin issues
Identify and manage major stressors	Discuss financial planning and budgeting
Resolve conflict using the Ten Step Model	Establish personal, couple and family goals
Understand and appreciate personality differences	

Getting Started with Marriage Prep

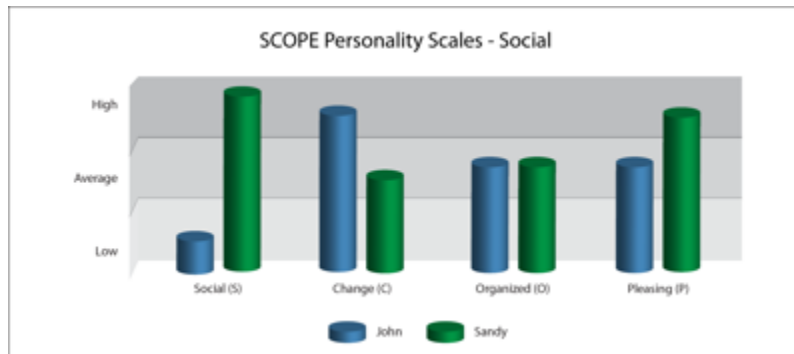
Step one – take the online Prepare-Enrich Relationship Inventory

You'll begin with each partner independently completing an online PREPARE-ENRICH relationship-inventory questionnaire.

There are no right or wrong answers, and nobody passes or fails. PREPARE-ENRICH identifies your unique strengths and challenges as a couple based on:

- 12 Relationship Scales -- communication, conflict resolution, roles, sexuality, finances, spiritual beliefs and more
- 5 SCOPE Personality Scales
- 4 Couple and Family Scales
- 4 Relationship Dynamic Scales
- 30 Customized Scales

The questionnaire results are presented in an easy-to-read summary including graphs to enhance your understanding.



Step two – Four 75-minute Marriage Preparation Sessions

We'll schedule four (75 minute) sessions at your convenience and use results from the PREPARE-ENRICH inventory. You'll complete other exercises designed to help couples celebrate and improve their relationship skills.

You can schedule extra marriage prep sessions for an additional fee. Contact me for more information. Other discussion topics may include:

- | | |
|-----------------------|-----------------------------|
| Marriage Expectations | Children and Parenting |
| Personality Issues | Family and Friends |
| Communication | Roles in Relationship |
| Conflict Resolution | Belief Systems |
| Leisure Activities | Couple & Family Closeness |
| Sexual Relationship | Couple & Family Flexibility |

Step three – Marriage Prep Certificate of Completion

Often engaged couples are required by their Marriage Officiant or Minister to participate in a marriage preparation program as a condition for marriage. When you complete four sessions, you'll receive your Marriage Preparation Certificate of Completion.

Step four – after your wedding: a complimentary session

You can schedule one additional complimentary session within your first twelve months of marriage. A few months after your wedding, you'll receive an invitation to schedule a meeting. This session provides a great opportunity to reflect on your early days of marriage and any highlights you want to explore since your wedding.

Course Fees

The Marriage Preparation Course costs **\$500 + HST**. This includes:

- PREPARE-ENRICH Relationship Inventory
- Four 75-minute sessions with a relationship specialist
- Complimentary follow up session

You can begin marriage preparation any time before your wedding. But...

I recommend completing the program six months prior to your wedding.

Why? As your wedding day approaches, you'll have many demands on your time. Marriage prep courses require time and should be enjoyable, not another stress.



About Me – Martin Frith

I'm a Registered Marriage and Family Therapist (RMFT) and a Humanist Wedding Officiant. I have over 25 years working with individuals and couples in my private practise in downtown Toronto.

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