

**PREPARE Premarital Counseling**

- six hour workshop for couples planning to be married
- makes use of PREPARE/ENRICH assessment tools as well as personality assessments
- Topics include: healthy communication, resolving conflicts, building intimacy at various levels, stages of marriage, differences in marriage, building relationships that will thrive through the changes, helpful and less helpful things that each person brings into the marriage from his/her family of origin.