

## CREATING A HEALTHY MARRIAGE

### GOAL

*This marriage education program provides information and discussion that every couple needs to understand what makes a successful marriage work. With the help of experienced, trained and committed facilitators, couples learn helpful guidelines for creating a healthy marriage and develop strategies, skills and attitudes that help build strong relationships.*

### TOPICS

*The workshop helps to improve communication in the following areas:*

- *Strengthening your bond: Respect, Trust, Faith, Values and Intimacy*
- *Sexuality: Creating an intimate marriage*
- *Family of Origin: exploring its impact on your relationship*
- *Working it out: resolving conflict*
- *Financial Harmony in Marriage*
- *Becoming a Couple, Becoming a Family*

## COUPLE INVOLVEMENT

*The focus of the workshop is marriage education, not marriage therapy.*

*Couples will have ample opportunity to work together and in small groups as part of the program. Participants are invited to speak at their own level of comfort.*

### NOTE:

*Couples who are interested in ongoing couple work will be referred to a counsellor.*



## MARRIAGE PREPARATION 2008/2009 Registration Form

Bride's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (B) \_\_\_\_\_

E-mail: \_\_\_\_\_

Age: \_\_\_\_\_

Groom's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (B) \_\_\_\_\_

E-mail: \_\_\_\_\_

Age: \_\_\_\_\_

### YOUR WEDDING:

DATE: \_\_\_\_\_

LOCATION: \_\_\_\_\_

REFERRED BY: \_\_\_\_\_

DATE OF WORKSHOP: \_\_\_\_\_

## REGISTRATION

*The registration fee for the workshop is:*

*\$190.00 per couple for weekend session.*

*Resource materials are provided*

*Couples are encouraged to attend a workshop six months prior to their actual wedding date.*

*\*Please mail registration form with your cheque to:*

CATHOLIC FAMILY SERVICES  
447 Main Street East, Unit 201,  
Hamilton, ON L8N 1K1

*\*Indicate which dates you plan to attend*

*For further information call:*

*905-527-3823 ext. 230*

[www.cfshw.com](http://www.cfshw.com)

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Better



## SCHEDULE

### Weekend Workshops

*November 7 & 8, 2008*

**OR**

*April 24 & 25, 2009*

*Friday  
6p.m.-9p.m.*

**&**

*Saturday  
9a.m.- 4p.m.  
(lunch and snacks provided)*

## CREATING A HEALTHY MARRIAGE

### 2008-2009 MARRIAGE PREPARATION WORKSHOPS

*Hosted by*



*Providing service to people  
of all faiths & cultures*