

# Marriage Preparation Course

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

Marriage preparation is *an investment in your future together*. Marriage Preparation affirms and celebrates your areas of strength as a couple while helping you to explore growth areas in your relationship. The course involves the following:

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### 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. The PREPARE-ENRICH inventory helps identify your unique strengths and challenges as a couple. The 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.

Should you wish to schedule extra marriage prep sessions, this can be done for an additional fee.



### 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 private practise in downtown Toronto.

### 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 the transitions many couples experience.

### 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