

The marriage enrichment seminar is a weekend away for **military couples in every stage of their relationship**. Couples are encouraged to attend even if all is going well with their marriages.

It is a great opportunity to have an expenses paid getaway to work on your relationship and have some fun too!

Attending a marriage seminar can make your marriage stronger, happier, and more satisfying. You can also learn new skills and tools to help the two of you communicate more effectively with each other.

Many couples report gaining new understanding and insight about themselves, their spouses, and their relationships.

Military marriages have to deal with separations and other stresses more often than civilian marriages.

The Marine Corps Family Team Building staff and your chaplains have teamed up to offer you a truly outstanding program known as "PREP" (Prevention and Relationship Enhancement Program). This program has proven so effective in recent years that it has been featured on 20/20, 48 Hours, Oprah, and in many articles of the printed media.

PREP IS FOR YOU IF

- You're involved in a close relationship such as seriously dating, an engagement, or a marriage;
- You want romance and passion in your marriage;
- You'd like to be able to talk together as friends;
- You'd sometimes like to shut out all of life's hassles and just be together;
- You're determined to knock down those communication barriers that creep up with time and stress.

PREP offers a fresh approach. It is basic and straightforward. The workshop and the materials teach couples the skills they need to nurture a lasting love. Couples spend most of their time in special discussions or practicing skills. Key topics include expectations, commitment, fun, forgiveness, friendship, feeling understood and sensuality.

PREP is NOT therapy, and is unlike anything to which you have been exposed. No encounter group or sharing of personal concerns, only simple insights into a more loving, growth filled relationship!

PREP begins with teaching effective communication skills and problem resolution strategies that work, how to discover the hidden issues in every relationship, and then move into forgiveness, fun, friendship, and sensuality.

Questions Couples Ask About This Enrichment Workshop:

- **We're doing pretty well; why should we attend a Marriage Enrichment Workshop?**

All of us can improve our skills when it comes to loving the most important people in our lives. Every couple starts off their relationship committed to make it work. Unfortunately, many of us simply do not know HOW to accomplish a healthy and fulfilling marriage. The difficulty is not knowing what to do to make that happen! PREP can provide concrete strategies and tools to build a rewarding marriage.

- **Will we be expected to tell a bunch of strangers what our problems are?**

No. This is not group therapy; it is an educational and practical application opportunity to learn what

works in marriage (and what makes marriage work). It's not necessary that we share those short-falls with the group. Your confidentiality is important to us and will be protected

- **Why would commands give people time off to attend a Marriage Enrichment Workshop?**

- They really do care about your family relationships;
- If you become more effective at open communication while knowing how to keep discussions from escalating into arguments, it will benefit the workspace as well as at home; and
- Participating in this Workshop is a huge boost to family readiness and tranquility.

- **Is this a religious program?**

Not at all, although the Bible is a tremendous source of wisdom about how relationships can thrive. No religious nor denominational teachings are included in "Marriage Enrichment: the PREP Approach."

- **Enjoying the good times:** More than "Don't Worry, Be Happy," learn the secrets of keeping busyness from crowding-out the fun in your relationship.
- **Viva La Difference!** Gain fresh insights into why men and women see life so differently. You'll leave with a whole new appreciation for who you are -and whom you love.
- **Danger Signs:** Learn the danger signs that can lead to marital discord and eventually breakdown of the relationship. Discover how to express your concerns constructively and how to examine hidden issues or expectations that can build so quickly in a marriage.