

## Overview of Prepare and Enrich Couples Program



Prepare and Enrich starts with an online assessment that each individual takes separately. A report is produced which outlines the couples strengths and weaknesses. This report along with a workbook will be used during sessions with your Prepare and Enrich trained facilitator. Prior to your first session, you will receive an email with a link to access the assessment. Below is an outline of what each session will cover.

- Session #1 - Review couples report and Overview of Program
- Session #2 - Communication Skills - Assertive communication and active listening
- Session #3 - Conflict Resolution - How to resolve conflict
- Session #4 - Financial Management
- Session #5 - Leisure Activities
- Session #6 - Sex and Affection
- Session #7 - Marriage Expectations/Roles
- Session #8 - Parenting
- Session #9 - Wrap-up program with a review of skills learned and receive a certificate of completion



## **Overview of Prepare and Enrich Couples Program, continued**

### **How is this different from “couples counseling”?**

The sessions are structured differently from traditional “couples counseling” because you will experience practicing the skills your facilitator is teaching you in session and between sessions will have assignments to continue practicing the skills you are learning.

### **What is the Cost?**

- Assessment - \$35 per individual = \$70
- 9 sessions x \$150
- Additional sessions can be added if needed after the completion of the program

This program is not covered by insurance companies, however we can accept the following forms of payment; cash, check credit/debit card or an Health Spending Account (HSA).

