

MARRIAGE & PARENTING

Our aim is to provide practical, relevant help to couples, individuals and parents who are in different stages of family life and relationships. We offer four courses using Alpha Ministries materials and resources.

The Marriage Preparation Course (5 sessions)

You will be served dinner while viewing a DVD presentation. There is no group work or public sharing. Session topics include: communication, commitment, resolving conflict, keeping love alive, shared goals and values.

Cost: \$140 per couple includes dinner and course manuals.



The Marriage Course (7 sessions) is designed for married couples who want to build strong foundations for a healthy relationship that will last a lifetime.

Over the sessions couples explore recognizing each others needs, learning to communicate effectively, resolving conflict, learning how to forgive and heal past hurts, making each other feel loved, relating to parents and in-laws, enjoying intimacy, making time for each other, and having fun together.

Each evening starts with a meal followed by DVD based materials with plenty of time for couples to privately discuss the issues between them and enjoy a fun evening in an intimate atmosphere. Cost: \$140 per couple includes dinner & course materials.



Parenting Children Course (5 sessions)

Who is it for? Any parent with children up to the age of 10.

Topics covered include: Building strong foundations/Love in action/Setting boundaries/Building character/Our long term aim

What's involved: Each evening begins with a meal, followed by a talk, with time for discussion in small groups.

Cost: To be determined



Parenting Teenagers Course (5 sessions)

Who is it for? The course is for any parent with children aged between 11–18 years and for those with younger children who wish to prepare for the teenage years.

Topics covered include: Teenagers' needs/Setting the boundaries/Building the relationship/Helping our teenagers make good choices/Looking to the future

What's involved: Each evening begins with a meal, followed by a talk, with opportunities to discuss issues raised in small groups.

Cost: To be determined.

Additional information on these and other courses are available at www.relationshipcentral.ca

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