

Marriage Preparation Programme

Navigating Towards a Lifetime of Marital Bliss



“Every heart sings a song, incomplete, until another heart whispers back...” – Plato

The programme prepares couples for a healthy, enriching marriage and family life. It assists soon-to-be married and married couples to lay a strong foundation for their marriage.

The programme will be delivered over 4 sessions, 2 hours per session, through discussion, sharing and psycho-education. Couples will gain valuable insights into individual strengths and weakness, and learn practical skills on the important building blocks in a marriage. A report will be generated for each couple after they complete the Prepare/Enrich Inventory before the first session. This report will help the couple to understand each other and be the basis for discussion in the programme.

At the end the programme, couples will learn how to better prepare for marriage and navigate towards a lifetime of marital bliss!

“A very good workshop! Thanks to the facilitator, my partner and I got to know more about marriage and about our values, as well as in context to marriage. We have learnt a lot of valuable knowledge that Alice effectively deliver across, giving us good ideas to apply these knowledge into context”

- Feedback from past participant

About the Programme

Title: Marriage Preparation Programme

Language: English or Mandarin

Format: Individual couple (by appointment); 4 sessions, total 8 hrs of contact time.

Venue: Shan You Counselling Centre
Blk 5, Upper Boon Keng Road, #02-15,
Singapore 380005

Cost: \$400/per couple

Registration: Call us at 67419293 or email
counselling@shanyou.org.sg

NOTE:

- This programme is for couples aged 21 years old and above
- Couples are entitled to S\$70 rebate from MSF after the completion of the programme. Reimbursement will be processed within 2 months after the last session.
- Programme fee is inclusive of an online scoring at S\$30 per couple.
- This is not a counselling programme.
- One complimentary counselling session will be arranged upon completion of the programme.



About the Facilitator

Ms Alice Liang is a Counsellor at Shan You Counselling Centre. She holds a Master of Social Science in Professional Counselling awarded by the Swinburne University of Technology, Melbourne, Australia. She is also a certified Prepare/Enrich Facilitator. Alice is happily married for over 20 years, with 2 children. She believes that a strong and happy marriage requires the work of both the husband and wife.

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