







## CREATING A HEALTHY MARRIAGE

### GOAL

*This interfaith marriage education program provides information and discussion that every couple needs to understand what makes a successful marriage work. With the help of experienced, trained and committed facilitators, couples learn helpful guidelines for creating a healthy marriage and develop strategies, skills and attitudes that help build strong relationships.*

### TOPICS

*The workshop helps to improve communication in the following areas:*

-  *Strengthening your bond: Respect, Trust, Faith, Values and Intimacy*
-  *Sexuality: Creating an intimate marriage*
-  *Family of Origin: exploring its impact on your relationship*
-  *Working it out: resolving conflict*
-  *Financial Harmony in Marriage*
-  *Becoming a Couple, Becoming a Family*

## COUPLE INVOLVEMENT

*The focus of the workshop is marriage education, not marriage therapy. Couples who are interested in ongoing couple work will be referred to a counsellor. All faith traditions are respected and honoured. Typically, the groups are made up of 8-10 engaged couples.*

*Upon registration, couples will be mailed some information and worksheets to prepare for the workshop. Couples will have ample opportunity to work together and in small groups as part of the program. Participants are invited to speak at their own level of comfort.*

*The workshops are facilitated by Natalie Morgan and Richard Bonafede. They have been married for 9 years and have one child, Alejandro. Richard and Natalie have experience in individual and group counselling. "We look forward to an open, enlightening experience together."*



## CREATING A HEALTHY MARRIAGE 2007 Registration Form





*circle workshop date preferred:*

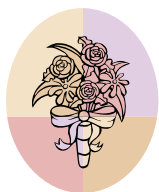
#1 #2 #3 #4

*Bride's Name:* \_\_\_\_\_  
*Address:* \_\_\_\_\_  
*City:* \_\_\_\_\_  
*Postal Code:* \_\_\_\_\_  
*Phone: (H) \_\_\_\_\_ (B) \_\_\_\_\_*  
*e-mail:* \_\_\_\_\_  
*Age:* \_\_\_\_\_  
*Marital Status:* \_\_\_\_\_  
*Religion:* \_\_\_\_\_  
*Occupation:* \_\_\_\_\_

*Groom's Name:* \_\_\_\_\_  
*Address:* \_\_\_\_\_  
*City:* \_\_\_\_\_  
*Postal Code:* \_\_\_\_\_  
*Phone: (H) \_\_\_\_\_ (B) \_\_\_\_\_*  
*e-mail:* \_\_\_\_\_  
*Age:* \_\_\_\_\_  
*Marital Status:* \_\_\_\_\_  
*Religion:* \_\_\_\_\_  
*Occupation:* \_\_\_\_\_

### YOUR WEDDING:

 *DATE:* \_\_\_\_\_  
 *CHURCH:* \_\_\_\_\_  
 *Address:* \_\_\_\_\_  
\_\_\_\_\_  
 *Officiating Clergy:* \_\_\_\_\_  
\_\_\_\_\_



## REGISTRATION

*The registration fee for the workshop is \$150.00 per couple. Resource materials are provided. Couples are encouraged to attend a workshop six months before their actual wedding date.*

*Please mail registration form with your cheque for \$150.00 to:*

**CATHOLIC FAMILY SERVICES**  
447 Main Street East, Unit 201,  
Hamilton, ON L8N 1K1

*Attention: Intake*

OR

*register online at:*

[www.cfshw.com/programs/marriagepreparation](http://www.cfshw.com/programs/marriagepreparation)

*(905-527-3823 ext. 269)*



## 2007 Workshops

- #1 - January 27 & 28**
- #2 - March 24 & 25**
- #3 - June 2&3**
- #4 - September 29& 30**

## Workshop hours:

**Saturday**

**9a.m.-4:30p.m.**

*(lunch and snacks provided)*

**Sunday**

**1p.m.-4:30p.m.**

*(bring a snack to share)*

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## 2007 MARRIAGE PREPARATION WORKSHOPS.

*sponsored by CFS  
in cooperation with area churches*

