

What is Mentoring? Mentoring is where a couple who are planning to get married or are already married are matched up with a support couple (mentors) who take them through marriage preparation or marriage enrichment.

What material is used? "Couple-2-Couple" uses an inventory method. This is a questionnaire based approach. (Prepare/Enrich www.prepare-enrich.co.uk)

The role of the support couple is to facilitate, guide and direct discussion using the results of the questionnaire as a guide and where appropriate, share from their own experience of married life. The visiting couple are encouraged to do the real work of discussing the strength areas and possible growth areas. It is relationship education and not counseling.

Is there any training involved? There is a full day of training. Thereafter there is local back-up provided. Those who become part of a local team will be supported through occasional team meetings.

Do you need to be an expert? No. You simply need to be married five years, with a desire to help others. Research indicates that ordinary couples with a basic training and good resources are one of the most effective ways of providing relationship support.

What support couples say.

"As a support couple we found this [an invaluable experience.](#)"

"Being a support couple has been a fantastic experience and we loved it. We have had a lot of issues to work out in our own marriage and [being a support couple has given us the opportunity to think about our relationship. We are using the ideas from mentoring in our own marriage.](#)"

We have mentored six times. [It has been a privilege](#) to be alongside couples and see their relationship grow. And we have found mentoring [good for our own marriage.](#)"

What the couples actually say.

"We found it really helpful to realize that all couples have issues at times.

This experience has [made all the difference to our relationship.](#)"

"Looking back it now seems strange that we had not thought it the most natural thing in the world to speak to a married couple of several years standing about [the reality of marriage.](#)"

"When we learned some new skills and had informal support from an older married couple [our marriage turned around.](#)"

marriageinverness is run by Hilton Family Project, part of Hilton Church of Scotland. Our belief is that supporting marriage (a stable, healthy relationship between a man and a woman) is essential for the well-being of society. Courses and resources are offered to prepare and support couples before and during marriage.

Pause for thought.

Most marriages do last a lifetime.

Divorce rates have stayed the same roughly for the last 25 years.

The highest divorce / separation risk is in years 1 - 5 of marriage.

Rising family break-down is due to unmarried couples and not divorce.

Interested in helping?

Training day: June 21st Hilton Church, Tomatin Road

10am – 4pm £75 per couple.

Download an application form from the next page

If you would like to be involved or wish to know more then please get in touch or fill in the form and return to:

marriage**in**verness,
c/o Hilton Church of Scotland,
4 Tomatin Road, Inverness IV2 4UA
Tel. 01463 233310 / families@hiltonchurch.org.uk

Names:

Address & Post Code

Tel no.

Mobile.

E-mail.

Church.

I am interested in Couple-2-Couple training. (Tick)

Sat June 21st Hilton Church of Scotland,

Tomatin Road Inverness 10am - 4pm

Cost £75 per couple

I would like to be part of the marriage**in**verness team. (Tick)

Quotations used by permission from "Mentoring Marriages" by Harry Benson. Publ. Monarch 2005