

## Making Marriage Work

**Making Marriage Work** gives you the opportunity to take time out to **look at married life before you begin your life together**. It looks beyond the wedding day to help you prepare for the days, months and years ahead. There are four small group sessions where information, insight and wisdom are sensitively shared, spiced with humour. As a couple you are encouraged to think through and discuss privately issues which will help you start your married life in the best possible way. Open group discussions are of a general nature and no-one need feel that they are going to be hanging out their washing for every one else to see

### **Dates - Jan to March**

1. Getting to know one another, changes Marriage brings, unhealthy ways of relating.
2. Two family backgrounds into one! Communication, Conflict Resolution. Sex & Sexuality.
3. Changes in Marriage-Children, Teenagers, Work/Life Balance, Division of Labour.
4. Money Matters, Marriage Investment Moments, Marriage Interaction Spectrum.

### **What the couples said.**

“We benefited from meeting others at the planning stage”.

“A really useful way to get some time for us in the build up to the wedding.”

“We had loads of fun and a lot of laughs and learned a lot too”.

**All sessions 3 - 5pm The Hospital Chapel, Raigmore.**

**Led by:** Rev Iain MacRitchie Hospital Chaplain

Rev John Chambers, Ness Bank Church of Scotland

**For future dates Tel: 01463 704463**