



*The very best of marriages
Are made by best of friends,
Who face together, hand in hand,
The good and bad life sends.
They aren't afraid to share
The deepest feelings of the heart,
And respect each other's needs
To spend some time apart.*

*They support each other faithfully
When troubles come their way,
They don't blame in haste or anger,
But who love in what they say.
They make marriage like true
friendship
Full of deeds that show they care,
And they find a world of happiness
In all the love they share.*

– Amanda Bradley

COBYS Family Services
1417 Oregon Road
Leola, PA 17540

Prepare for Your Marriage, Not Just Your Wedding



PREPARE®

A program of
premarital education
and skills building
for engaged couples

Sponsored by:



Why Prepare?

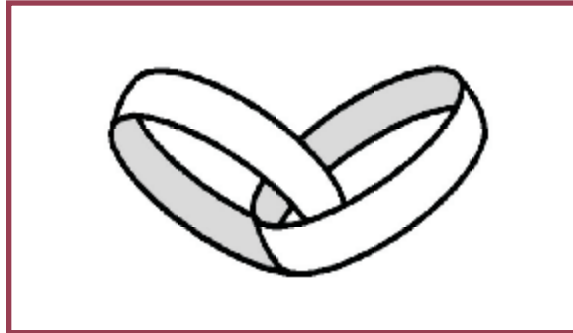
Many couples spend thousands of dollars and countless hours preparing for their wedding day, but give little thought to preparing for their marriage.

PREPARE® is an educational program that helps couples realistically assess the strengths and areas for growth in their relationship and teaches skills that will strengthen their marriage. It is not intended to be a substitute for couple therapy.

What Will We Learn?

PREPARE® includes exercises designed to encourage couples to discuss a variety of important topics. Participants will:

- Evaluate strengths and areas for growth in their relationship
- Learn conflict resolution skills
- Become aware of any personality issues that could cause major conflict
- Learn how to be assertive, a necessary skill in marriage
- Practice active listening
- Look at family of origin issues
- Examine attitudes toward finances
- Set individual and couple goals



How Is It Structured?

PREPARE® is offered to individual couples with daytime or evening appointments tailored to fit their schedule. The couple attends one session to meet the counselor and complete a Pre-Marital Inventory. (Or the Inventory can be completed online.) Once the inventory is scored, the counselor typically provides six sessions of interactive skills training to each couple.

In addition to the sessions, the registration fee includes the scored Pre-Marital Inventory, a 15-page Counselor's Feedback Report, and a workbook. (See separate registration form for current cost information.)

Whenever possible, couples are encouraged to complete PREPARE® training several months prior to their wedding date. This helps prevent sessions from becoming part of the hectic schedule that usually is present in the weeks leading up to the wedding.

Testimonials

Former PREPARE® participants offer these testimonials:

“PREPARE® forces you to think about the most common pitfalls in relationships and what can be done to combat them!”

“... very insightful and practical. I had a pleasant experience and will use what I have learned.”

“Very useful!!! Would like to continue with follow-ups in 1, 5, 10 years to monitor progress.”

“It was an all around good program to do. I think I will use a lot of the material we went over.”

“We will try to carry through the finance part of the program and the ‘active listening’ part of the program.”

To Learn More

For more information, please contact:

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