

THE MARRIAGE COURSE (ALPHA)

The Marriage Course is for couples looking for practical support to strengthen their relationship. The course equips couples with tools and techniques to keep the spark alive and stay connected. There is no group work and each couple's conversations are completely private. Over seven sessions, the course will help you to:

- Understand each other's needs
- Communicate more effectively
- Grow closer by learning methods to resolve conflict
- Recover from the ways you may have hurt each other
- Recognize how your upbringing affects your relationship
- Improve relationships with parents and in-laws
- Develop greater sexual intimacy
- Discover each other's "love language" and much, much more.

If you have more questions check out the following website:

<https://themarriagecourse.org/frequently-asked-questions>