

seasonal groups

More information

The Alpha Marriage Course

Start date: October 13th, 2021

Time: 8:00 pm – 10:00 pm

Duration: 7 weeks

Group will be meeting online via zoom

Who should attend this group?

The Marriage Course is for couples looking for practical support to strengthen their relationship. All couples can benefit from this curriculum. The course equips couples with tools and techniques to help keep the spark alive and stay connected. There is no group work and each couple's conversations are completely private.

What do the sessions cover?

The sessions 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 regarding the course, check out the following website:

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

For more information or to speak to a leader contact us at:

seasonalgroups@thebridgemarkham.com or call us at 905-294-6716 Ext. 324

Check out these Resources that can help you along your journey:

<https://my.bible.com/reading-plans/19833-the-marriage-course>

<https://my.bible.com/reading-plans/23311-the-marriage-talks-part-1-unity>

<https://my.bible.com/reading-plans/23312-the-marriage-talks-part-2-love-respect>

<https://my.bible.com/reading-plans/22156-change-your-words-change-your-marriage>

<https://my.bible.com/reading-plans/4227-the-first-few-years-of-marriage>

<https://my.bible.com/reading-plans/24629-the-marriage-talks-part-3-covenant>

<https://my.bible.com/reading-plans/16853-the-art-of-marriage>

<https://my.bible.com/reading-plans/16145-true-north-leading-your-family-spiritually>

<https://my.bible.com/reading-plans/23116-leading-through>