



# PREMARITAL COUNSELING PROGRAM

A comprehensive program for engaged or newlywed couples who are looking beyond having a dream wedding and want to work toward having a **DREAM MARRIAGE!**

## TOPICS COVERED

- \* Your Relationship Up To This Point
- \* Creating Healthy Expectations of Marriage
- \* Getting a Realistic Concept of Love
- \* Keeping a Positive Attitude and Outlook Toward Life
- \* Ability to Communicate Feelings
- \* Understanding and Accepting Gender Differences
- \* Ability to Make Decisions and Settle Arguments
- \* A Common Spiritual Foundation
- \* Healthy Intimacy and Sexual Communication
- \* Managing the Business of Marriage

## PROGRAM COST

**10 sessions**

**\$900**

- \* Virtual Sessions Available Everywhere
- \* In-Office Sessions at Heights Location

## TOP 3 REASONS TO DO PREMARITAL COUNSELING

- \* Reduced Divorce Rates
- \* Improved Connections
- \* Higher Relationship Satisfaction


## OBJECTIVES:


- \* To identify and enhance the healthy aspects of your relationship
- \* To minimize maladaptive behaviors in to prevent common marital pitfalls
- \* To provide education on how to maintain effective communication, healthy intimacy, and managing finances

**HOUSTON**  
*Relationship Therapy*

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