

ENRICH YOUR MARRIAGE

***Pastoral Care Department of
Naval Medical Center Portsmouth
sponsors a monthly 1-day
PREP Marriage Enrichment Workshop
for married or engaged couples***

PREP (Prevention and Relationship Enhancement Program) is designed to teach couples healthy communication skills and ground rules for promoting intimacy and handling conflict.

Subjects covered

Relationship Dynamics
Healthy Communications
Five Love Languages
Build and maintain commitment

Deployment Adjustment
Conflict Resolution
Values & Beliefs
Military & Civilian Resources

Research of over 20 years shows couples who use these skills and principles are less likely to get divorced than couples who do not. Couples also maintain satisfaction and communicate more effectively years after the program.

All military personnel and family members of any command in the area are invited to attend. Appropriate civilian attire is authorized. Husband and wife (or fiancée) must be present. Workshop materials are provided and a certificate of completion.

Location:

**Naval Medical Center Portsmouth
Main Chapel
Building 3, 2nd Floor**

**To register contact Naval Medical Center Portsmouth
Pastoral Care Department at (757) 953-5550**