

*U.S. Marine Corps*

# ***Prevention and Relationship Enhancement Program (PREP)***

## ***Marriage Enrichment Workshop***

***Whether you're engaged, newlyweds or married 20 years, this Enrichment Workshop is for you if:***

- You are married, engaged, or seriously dating.
- You want romance and passion in your marriage.
- You want to be able to talk together as friends.
- You want to sometimes shut out all of life's business and just be together.
- You are determined to knock down communication walls that creep up with time and stress

## ***About PREP...***

### ***The PREP Approach (Prevention and Relationship Enhancement Program)***

The Marine Corps Family Team Building staff and your chaplains have teamed up to offer you a truly outstanding program known as **PREP** (Prevention and Relationship Enhancement Program).

***PREP offers a fresh approach.*** It is basic and straightforward. The workshop and material teach couples the skills they need to nurture a lasting love. Couples spend most of their time in special discussions or practicing skills. Key topics include expectations, commitment, forgiveness, feeling understood and sensuality.

***PREP is NOT therapy*** and is probably unlike anything to which you have been exposed. No "encounter" group or sharing of personal concerns, no dry psycho-babble, simply thrilling insights into a more loving, growth-filled relationship!

***PREP begins*** with teaching effective communication skills, addresses problem resolution strategies that work, reveals how to discover the hidden issues in every relationship, and then moves into caring, fun, and friendship.

## ***What will you learn...***

***Enjoying the good times:*** More than “Don’t Worry, Be Happy,” learn the secrets of keeping busy lifestyles from crowding-out the fun in your relationship.

***Viva La Difference!*** Gain fresh insight into why men and women see life so differently. You will leave with a whole new appreciation for who you are and whom you love.

***Danger Signs:*** Learn the danger signs that can lead to marital discord and can eventually breakdown relationships. Discover how to express your concerns constructively and how to examine hidden issues and expectations that can build quickly in a marriage.

## ***Marriage Enrichment Workshop Questions***

***We are doing pretty well. Why should we consider attending a Marriage Enrichment Workshop?***

All of us can improve our skills when it comes to loving the most important person in our life. Every couple starts off their relationship committed to make it work. Unfortunately, many of us simply do not know HOW to accomplish a healthy and fulfilling marriage. PREP can provide concrete strategies and tools to build a rewarding marriage.

***Will we be expected to tell a bunch of strangers what our problems are?***

No. This is not group therapy; it is an educational and practical application opportunity to learn what works in marriage (and what makes marriage work). It’s not necessary to share shortfalls with the group. Your confidentiality is important and will be protected.

***Why would commanders give people time off to attend a Marriage Enrichment Workshop?***

Commanders care about your family relationships because what happens at home can impact work.

***Is this a religious program?***

No. No religious nor denominational teachings are included in “Marriage Enrichment: the PREP Approach.”

***For additional information about PREP:***

**Visit the Marine Corps Community Services website at:**

**<http://www.usmc-mccs.org> . . . and link to PREP.**