



# St. Vincent Catholic Charities

PROVIDING HELP. CREATING HOPE.

2800 W. Willow • Lansing, MI 48917 • Office: (517) 323.4734 • [www.stvcc.org](http://www.stvcc.org)

## MARRIAGE PREPARATION



### Communication and Relationship Enhancement Program

Sponsored by:  
Diocese of Lansing's Family Ministry  
&  
St. Vincent Catholic Charities

## CHRISTIAN COMMUNICATION AND RELATIONSHIP ENHANCEMENT

Based on highly acclaimed Prevention and Relationship Enhancement Program (PREP), this program is designed to teach couples communication skills and techniques for handling conflict and promoting intimacy with the aim of preventing future problems and divorce.

This program emphasizes the constructive arguing techniques that allow couples to adjust their communication styles and achieve more positive and intimate communication, in a Christian setting.

### WE C.A.R.E. Seminar Teaches:

- How to communicate what you want out of your relationship
- How to resolve conflict effectively and reduce arguments
- How to solve problems as a team
- How to keep friendship and intimacy a part of your relationship
- How to develop skills to enhance the understanding and maintain commitment

Other key topics include: Values, Beliefs, Expectations and Commitment

### What are past participants saying?

- "Facilitators were very good, they know the material in their hearts and that was reflected in their class"
- "Speaker/listener technique helped me see the importance of really listening"
- "I feel this was a wonderful class and is defiantly worth taking"
- "Everything was very helpful. If not now, later"

Questions: Contact Jessica Gallegos (517)323-4734, Ext. 1726

Email: [GallegJ@stvcc.org](mailto:GallegJ@stvcc.org)



# St. Vincent Catholic Charities

PROVIDING HELP. CREATING HOPE.

2800 W. Willow • Lansing, MI 48917 • Office: (517) 323.4734 • [www.stvcc.org](http://www.stvcc.org)

Communication and Relationship  
Enhancement Program

## 2018 LANSING WE C.A.R.E. SCHEDULE

FACILITATOR	DATES	TIME	LOCATION
Jessica Gallegos	Friday October 12 Saturday October 13 2018	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday November 9 Saturday November 10 2018	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday January 11 Saturday January 12 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday January 25 Saturday January 26 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday February 8 Saturday February 9 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday March 15 Saturday March 16 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.

NOTE: If the City of Lansing has closed due to a local or national emergency, the scheduled WE C.A.R.E. seminar will be canceled and rescheduled.

Please send your registration form and payment to:

St. Vincent Catholic Charities  
Attn: WE CARE COORDINATOR  
2800 W. Willow  
Lansing, MI 48917

Questions: Call (517)323-4734, Ext. 1726

Email - [GallegJ@stvcc.org](mailto:GallegJ@stvcc.org)



# St. Vincent Catholic Charities

PROVIDING HELP. CREATING HOPE.

2800 W. Willow • Lansing, MI 48917 • Office: (517) 323.4734 • [www.stvcc.org](http://www.stvcc.org)

## 2019 LANSING WE C.A.R.E. SCHEDULE

FACILITATOR	DATES	TIME	LOCATION
Jessica Gallegos	Friday November 9 Saturday November 10 2018	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday January 11 Saturday January 12 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday January 25 Saturday January 26 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday February 8 Saturday February 9 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday March 15 Saturday March 16 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday May 3 Saturday May 4 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday May 17 Saturday May 18 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday September 13 Saturday September 14 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday October 18 Saturday October 19 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.
Jessica Gallegos	Friday November 8 Saturday November 9 2019	6 PM – 9 PM 9 AM – 12 Noon	Cristo Rey Parish – Juan Diego Room 201 W. Miller Rd.

NOTE: If the City of Lansing has closed due to a local or national emergency, the scheduled WE C.A.R.E. seminar will be canceled and rescheduled.

Please send your registration form and payment to:

St. Vincent Catholic Charities  
Attn: WE CARE COORDINATOR  
2800 W. Willow  
Lansing, MI 48917

Questions: Call (517)323-4734, ext. 1726 or Email - [GallegJ@stvcc.org](mailto:GallegJ@stvcc.org)

# We CARE Class Registration Form

\*\*\* PLEASE PRINT \*\*\*

Date of Class: \_\_\_\_\_

Class Location: \_\_\_\_\_

2<sup>nd</sup> Choice \_\_\_\_\_

\_\_\_\_\_

BRIDE \_\_\_\_\_

GROOM \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Email \_\_\_\_\_

Phone – Day Time \_\_\_\_\_

Phone – Day Time \_\_\_\_\_

Occupation/Field of Study \_\_\_\_\_

Occupation/Field of Study \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Parish \_\_\_\_\_

Parish \_\_\_\_\_

Length of time in Relationship \_\_\_\_\_

Wedding Date \_\_\_\_\_

A certificate of participation and completion will be given to each couple.

Please send your registration form and \$75.00 fee (checks made payable to St. Vincent Catholic Charities) to:

St. Vincent Catholic Charities  
Attn: WE CARE Coordinator  
2800 W. Willow  
Lansing, MI 48917

### **Deadline for registration:**

**Class size is limited. Registration is recommended  
4 to 6 weeks prior to the date of the class you plan on attending. If desired, you  
may call St. Vincent Catholic Charities at 323-4734 x1726 for class eligibility.**

**NOTE: If the City of Lansing has closed due to a local or National emergency, the scheduled WE CARE Seminar will be cancelled and rescheduled.2069**