



St. Vincent Catholic Charities

PROVIDING HELP. CREATING HOPE.

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

MARRIAGE PREPARATION



Communication and Relationship Enhancement Program

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

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

FACILITATOR	DATES	TIME	LOCATION
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 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

We CARE Class Registration Form

*** PLEASE PRINT ***

Date of Class: _____

Class Location: _____

2nd 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