



**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)

# A Lasting Promise

## *Marriage Preparation*

*Sponsored by Diocese of Lansing's Family Ministry and 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.

### **“A Lasting Promise” seminar focuses on:**

- 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

### **Testimonials:**

- “Facilitators know the material in their hearts and that was reflected in their class.”
- “Speaker/listener technique helped me see the importance of really listening.”
- “Everything was very helpful. If not now, later”



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## *A Lasting Promise Class Schedule*

*Please note: Classes must have 5 couples, or we will need to re-schedule. Class size is limited.*

*Registration is recommended 4-6 weeks prior to the date you plan on attending.*

*Call 517-323-4734 ext. 1700 for class eligibility.*

<b>Facilitator</b>	<b>Dates</b>	<b>Time</b>	<b>Location</b>
Jessica Gallegos	Saturday, Aug. 29, 2020	9am-3pm	Cristo Rey Parish Juan Diego Room
Jessica Gallegos	Saturday, Sep. 19, 2020	9am-3pm	Cristo Rey Parish Juan Diego Room
Jessica Gallegos	Saturday, Oct. 3, 2020	9am-3pm	Cristo Rey Parish Juan Diego Room
Jessica Gallegos	Saturday, Nov. 21, 2020	9am-3pm	Cristo Rey Parish Juan Diego Room
Jessica Gallegos	Saturday, Dec. 5, 2020	9am-3pm	Cristo Rey Parish Juan Diego Room

*If the City of Lansing has closed due to a local or national emergency, the scheduled “A Lasting Promise” seminar will be canceled and re-scheduled.*



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## A Lasting Promise

*Registration form: please print clearly.*

Date of class: \_\_\_\_\_

Class location: \_\_\_\_\_

2<sup>nd</sup> choice: \_\_\_\_\_

**BRIDE:** \_\_\_\_\_

**GROOM:** \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

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*

*Attention: A Lasting Promise Seminar*

*2800 W. Willow St.*

*Lansing, MI 48917*