



St. Vincent Catholic Charities

PROVIDING HELP. CREATING HOPE.

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

Facilitator	Dates	Time	Location
Jessica Gallegos	January 16, 2021	9am-3pm	Cristo Rey Parish Juan Diego Room
Jessica Gallegos	February 13, 2021	9am-3pm	Cristo Rey Parish Juan Diego Room
Jessica Gallegos	March 13, 2021	9am-3pm	Cristo Rey Parish Juan Diego Room
Jessica Gallegos	April 17, 2021	9am-3pm	Cristo Rey Parish Juan Diego Room
Jessica Gallegos	May 22, 2021	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: _____

2nd 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

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Lansing, MI 48917