Prevention and Relationship Education Programme (PREP)

PREP is an evidence-based programme first developed in the United States at the University of Denver. It teaches soon-to-wed and newly-wed couples communication and conflict-resolution skills, to build a strong marital foundation and attain higher relationship satisfaction.

According to overseas studies done previously, couples reported more positive interaction consistently, up to 5 years after completion of the programme.

Locally, our own preliminary studies show that couples who have attended marriage preparation programme do better in areas of communication, relationship quality, emotional bonding and marital adjustment. Specifically, newly-wed couples who attended PREP showed improvement in communication skills scores within a year of attending PREP.

Programme Details

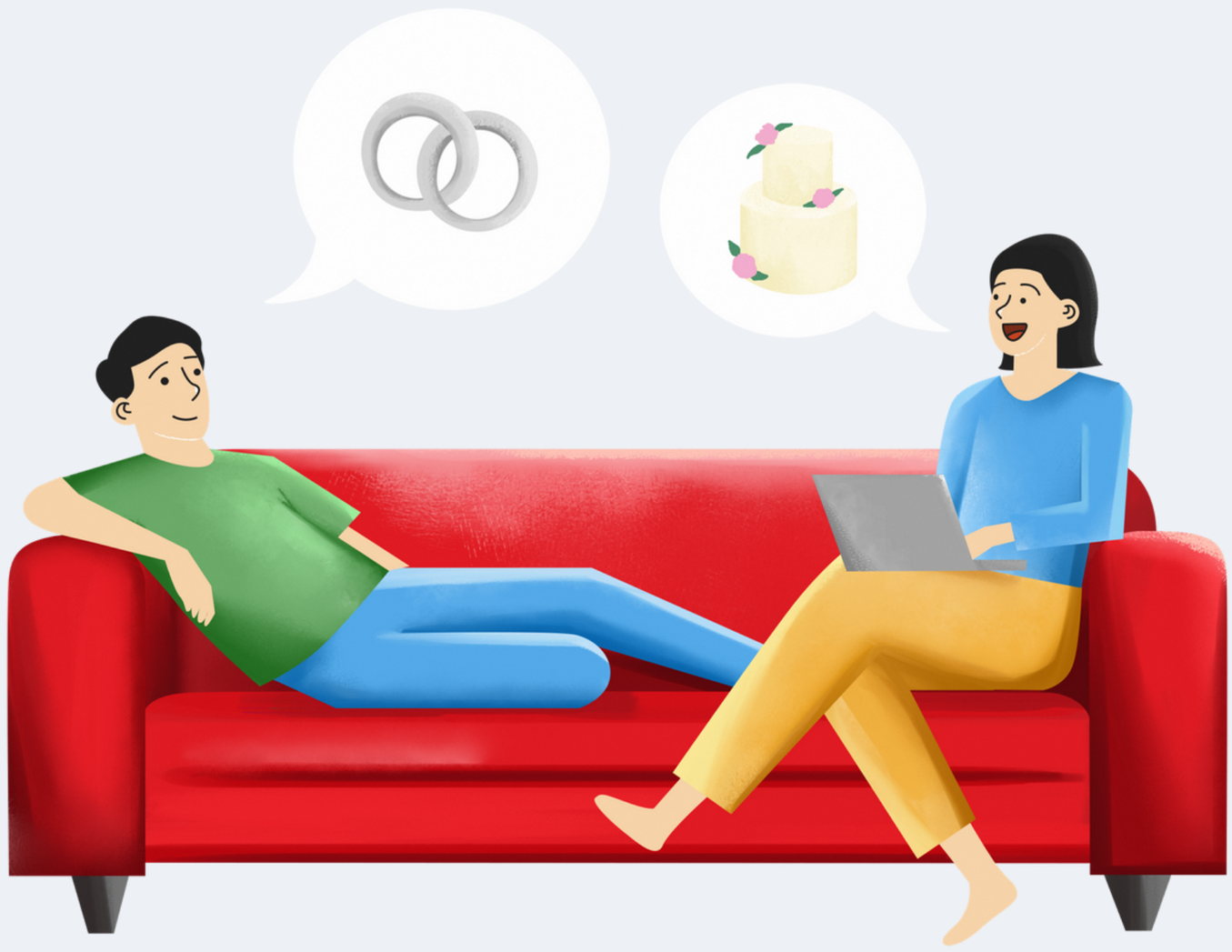
PREP WORKSHOP

Our PREP workshop employs cognitive behavioural techniques to help with expectation management, supportive listening and speaking, problem-solving, as well as the maintenance of fun, friendship and sensuality in the relationship.

Couples will receive a **$140 rebate** upon completion to offset the total cost.

WHO IS IT FOR?

- Soon-to-wed couples
- Newly-wed couples within two years of marriage



For more details on PREP, please visit https://go.gov.sg/preventionandrelationshipeducationprogramme or scan the QR code:

https://go.gov.sg/preventionandrelationshipeducationprogramme

Prevention and Relationship Education Programme (PREP)

List of Social Service Agencies that provides Prevention and Relationship Education Programme (PREP):

Social Service Agency	Cost* & Contact Details	Core Modules
Cornerstone Community Services	Cost: $370 Tel: 6344 8063 Email: familylife@cornerstoneservices.org.sg Website: https://www.cornerstoneservices.org.sg/ Address: 39 Ean Kiam Place, S429124	• Communication and conflict management • Roles and responsibilities • Goal-setting and marriage visioning • Trust and commitment • Marital expectations
Family Central - A Service by Fei Yue Community Services	Cost: $419.65 Tel: 6734 1401 Email: familycentral@fycs.org Website: www.family-central.sg/marriage-support-programmes/ Address: 491B River Valley Road, #04-04A, S248373	
Morning Star Community Services	Cost: $280 Tel: 6285 1377 Email: training@morningstar.org.sg Website: www.morningstar.org.sg/event-category/workshops/for-individuals/ Address: Blk 323B Sengkang Eastway #01-553 (S) 542323	
TOUCH Community Services	Cost: $380 (early bird) $410 (standard) Tel: 6709 8410 Email: familylife@touch.org.sg Website: www.touch.org.sg/events-overview/schedule Address: Blk 149 Toa Payoh Lorong 1, #01-943 S310149	

* Please check with the respective social service agency for latest programme fees

$140 rebate available!

You will receive a $140 rebate upon completion of any of the programmes above, provided:

- **You are a soon-to-wed or newly-wed couple attending a marriage preparation programme for the first time**
- **Either one of you is a Singapore Citizen or Permanent Resident**

Programmes are suitable for couples aged 21 years old and above. Please contact the respective social service agency for more information.

Marriage Preparation Programme (MPrep)

A strong marriage needs a good foundation, which requires commitment. These programmes will equip soon-to-wed and newly weds with practical skills to help prepare the life journey together.

CORE MODULES

- Family of origin
- Communication & Conflict Resolution
- Sexual Intimacy
- Family planning / fertility awareness
- Financial Planning
- Role relationship & expectations
- In-law relationship

For more details on Marriage Preparation Programmes in the community, please visit https://go.gov.sg/ffl-marriagepreparation or scan the QR code:

https://go.gov.sg/ffl-marriagepreparation

Marriage Preparation Programmes

List of Social Service Agencies that provides Marriage Preparation Programmes (MPrep):

Social Service Agency	Programme Title & Cost*	Language	Contact Details
Alive Community Network 活跃社区网络	**Alive Marriage Preparation** Cost: $400 (Group)	English	Tel: 6372 1053 Email: enquiry@alive.org.sg Website: www.alive.org.sg Address: 291 New Bridge Road, Oriental Plaza, #02-10-11, S088756
Careworks Community Services 社区关怀服务	+ **Prepare/Enrich** Cost: $300 (Group) $350 (Individual Couple)	English 中文 **	Tel: 6293 4394 Email: ccs@cplink.org.sg Website: www.careworks.sg Address: 110 Race Course Road, S218578
Catholic Family Life 天主教家庭生活	**Couple Builder Programme** Cost: $300 (Individual Couple)	English	Tel: 6488 0278 Email: cfl@familylife.sg Website: https://www.familylife.sg Address: 2 Highland Road, #LG-01, CAEC Building, S549102
Eagles Mediation & Counselling Centre 佳鹰调解及辅导中心	+ **Marriage Preparation Programme / 红地毯之后-婚前预备课程** Cost: $500 (Group) $800 (Individual Couple) *Do note that no refunds will be given if you withdraw from the programme*	English 中文	Tel: 6788 8220 Email: training@emcc.org.sg Website: https://emcc.org.sg Address: 100 Victoria Street, #11-02 National Library Building, S188064
Focus on the Family Singapore Ltd 新加坡爱家机构	**Connect2** Cost: $380 (Group)	English	Tel: 6336 1444 Email: focus@family.org.sg Website: https://www.family.org.sg Address: 9 Bishan Place #08-03, Junction 8 Office Tower, S579837

* Please check with the respective social service agency for latest programme fees
** Mandarin available only upon request
+ Consists of Prepare/Enrich assessment tool, Feedback exercise and Group Programme.

$70 rebate available!

You will receive a $70 rebate upon completion of any of the programmes above, provided:

- **You are a soon-to-wed or newly-wed couple attending a marriage preparation programme for the first time**
- **Either one of you is a Singapore Citizen or Permanent Resident**

Programmes are suitable for couples aged 21 years and above. Please contact the respective social service agency for more information.

Marriage Preparation Programmes

List of Social Service Agencies that provides Marriage Preparation Programmes (MPrep):

Social Service Agency	Programme Title & Cost	Language	Contact Details
Hearty Care Centre **开心关怀中心**	+ **It takes more than 2** Cost: $250.70 (Group) $305.20 (Individual Couple)	English	Tel: 6715 8876 Email: heartycare@hcc.org.sg Website: https://www.sbws.org.sg Address: 19 Compassvale Walk, Level 4, S544644
REACH Counselling **援触辅导**	+ **One, Two, Three or Six?** Cost: $350 (Group) $480 (Individual Couple)	English	Tel: 6801 0730 Email: counselling@reach.org.sg Website: https://www.reach.org.sg Address: Blk 307 Shunfu Road #01-137 S570307
TOUCH Community Services **触爱社会服务**	+ **Marriage Preparation Programme / 婚姻预备班** Cost: $457.80 (Group) Email to enquire for individual slots' availability and pricing	English 中文	Tel: 6709 8410 Email: familylife@touch.org.sg Website: www.touch.org.sg/events-overview/schedule Address: Blk 149 Toa Payoh Lorong 1 #01-943 Singapore 310149

* Please check with the respective social service agency for latest programme fees

+ Consists of Prepare/Enrich assessment tool, Feedback exercise and Group Programme.

$70 rebate available!

You will receive a $70 rebate upon completion of any of the programmes above, provided:

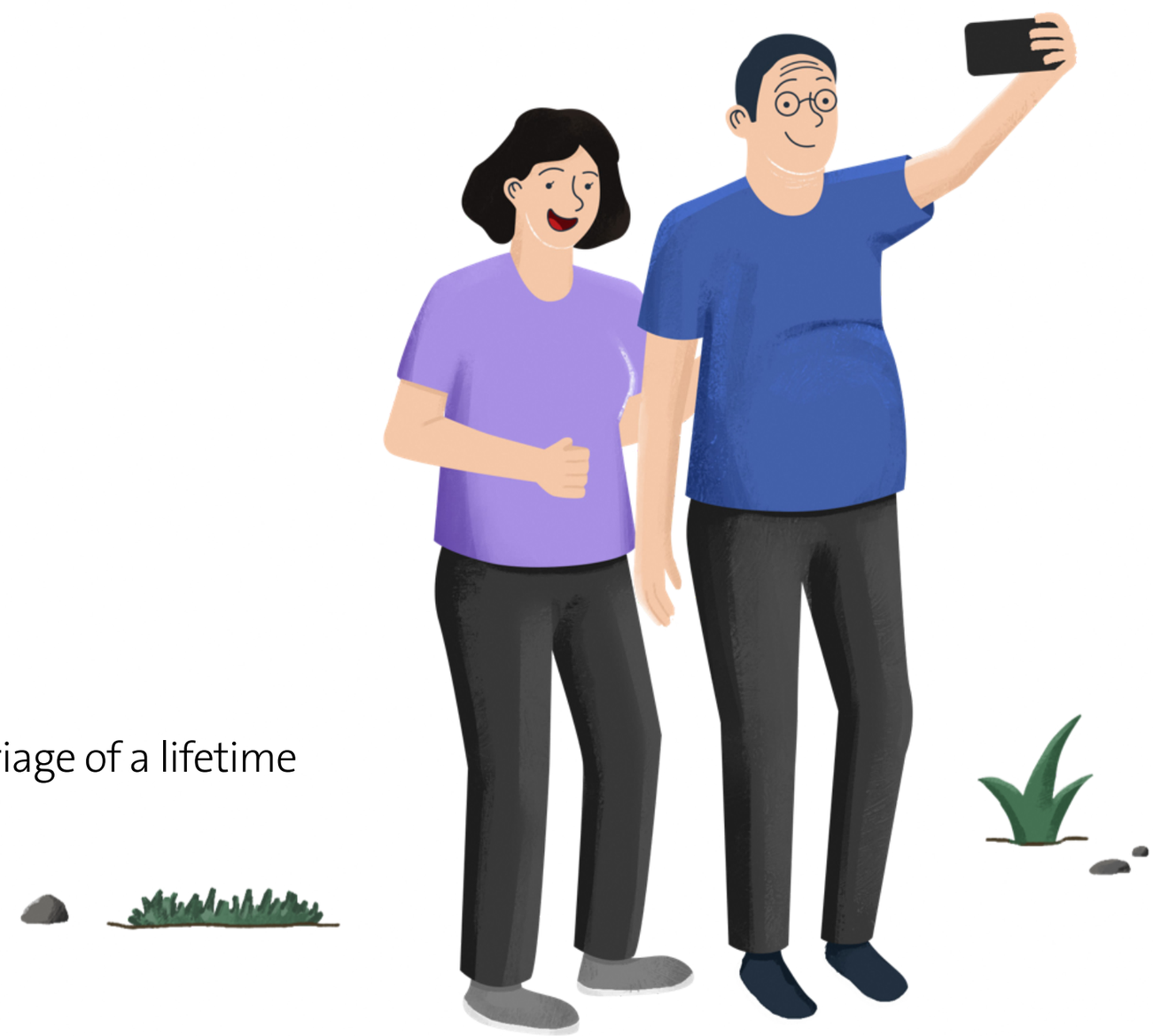
- **You are a soon-to-wed or newly-wed couple attending a marriage preparation programme for the first time**
- **Either one of you is a Singapore Citizen or Permanent Resident**

Programmes are suitable for couples aged 21 years old and above. Please contact the respective social service agency for more information.

Alive Community Network (活跃社区网络)

Alive Community Network is a non-profit charity organisation that aims to be a community of active social carers, reaching out to youth, young adults and families to encourage and equip them.

Course Title	**Alive Marriage Preparation**
Programme Write Up	Alive Marriage Preparation Programme provides both group learning as well as opportunity for you as a couple to explore with a trained professional and issues that you may find important to talk about. Group sessions will normally involve the facilitator sharing important insights on a marriage related topic and offering you opportunities to discuss various concerns. In the process you will fill up simple inventories, write about your preferences and discuss these with your partner. While in groups, some couples may share their own thoughts and opinions. No one will be forced to share their personal stories if they do not want to do so. Towards the end of the group classes, you will be able to work out dates for a couple session with a trained professional. This session will give you a chance to review your psychological profile and to better understand each other. You will also have the opportunity to crystallise your learning from the group sessions and raise possible concerns you have about marriage.
No. of Hours	9 hours 2 group sessions (2 - 3 hours per session) + 1 individual couple session (2 - 3 hours)
Use of Inventory	Psychological Assessment of Interpersonal Relationships (Pair-Test)
Topics for Remarried Couples	• Are you ready to get married again? • How to live in a blended family?
Topics for Transnational Couples	• Clarifying different expectations of marriage across cultures



Be equipped for a marriage of a lifetime

Careworks Community Services（社区关怀服务）

Careworks Community Services is a registered non-profit organisation that aims to empower individuals, strengthen marriages and families, actively engage the elderly and reach out to the needy and disadvantaged in our community.

Course Title	**Prepare & Enrich**
Programme Write Up	Careworks Marriage Preparation Programme (MPP) uses the Prepare/Enrich Relationship Assessment. PE is the number one relationship inventory and couple's assessment tool which has empowered and energized more than 4 million couples over 30 years! The programme is conducted for both groups and individual couples by facilitators in a conducive setting. To build and strengthen a strong relational foundation, topics on Communication and Conflict Resolution, etc are explored through discussion, communication exercises and role-plays. In Group MPP, couples discuss among themselves and are not required to share their personal experiences unless they wish to. In the follow-up session, the facilitator will meet up with individual couples to guide them to a better understanding of each other and explore issues using the customized PE report.
No. of Hours	Group: 2 sessions (6 hours + 2 hours) 2 Saturdays - By appointment Individual Couple: 4 sessions (2 hours per session, 8 hours in total) - By appointment
Use of Inventory	PREPARE/ENRICH Inventory
Topics for Remarried Couples	• Relationship Expectation • Partner Styles & Habits • Parenting Expectation (if applicable)
Topics for Transnational Couples	• Practical issues for transnational marriages, such as cultural adjustment • Customized topics

Catholic Family Life (天主教家庭生活)

Catholic Family Life is a registered charity and a member of the National Council of Social Service (NCSS). It aims to strengthen families, marriages and uphold the dignity of life with its range of services.

Course Title	**Couple Builder Programme**
Programme Write Up	Our Couple Builder Programme enables couples to sit together with a trained therapist before marriage and discuss common issues and concerns that they may have regarding married life. The main goal of this programme is to prepare couples for an emotionally and mentally enriching life together.
No. of Hours	Individual Couple: 8 hours
Use of Inventory	PREPARE/ENRICH Inventory (Optional, $50 per couple)
Topics for Remarried Couples	No
Topics for Transnational Couples	No

Eagles Mediation & Counselling Centre (佳鹰调解及辅导中心)

Eagles Mediation & Counselling Centre is a full member of the National Council of Social Service (NCSS) and an approved institution of Public Character (IPC). It firmly believes that Singaporean society at large benefits from the development of strong marriages and healthy families.

Course Title (English)	**Marriage Preparation Programme (MPP)**
Programme Write Up	Our Marriage Preparation Programme (MPP) is founded on the principles that marriage is a commitment of a lifetime, and couples can and should prepare themselves for this journey. MPP seeks to prepare couples for a healthy, enriching marriage and harmonious family life. It is designed to lay a strong foundation for their marriage, and offers them the opportunity to discuss important topics like parenting, finances, life goals and provide an avenue for couples to have a dialogue on topics which they have different views on. It equips couples with the necessary skills in managing differences, making room for open communication and facilitating support for each other. MPP Trainers are also equipped in the Gottman Method, a world-renowned Couples' work methodology. By integrating PREPARE/ENRICH with the Gottman Sound Relationship House, this helps couples build a strong, holistic foundation in their relationship. This programme includes a marital and personality inventory and caters to marrying, re-marrying couples, as well as couples within the first year of marriage. Please do note that MPP is designed to improve and strengthen couples' relationships and to provide useful skills in charting a fulfilling marriage roadmap. It is not intended to be a substitute programme for couple's therapy or counselling treatment.
No. of Hours	Group: 2 sessions (4 hours per group session - By appointment) Individual Couple: 4 sessions (2 hours per session - By appointment)
Use of Inventory	PREPARE/ENRICH Inventory
Topics for Remarried Couples	Stepfamilies: Setting Realistic Expectations, Harmony in Blended Families
Topics for Transnational Couples	Cultural/Ethnic Issues
课程名称 (中文)	**红地毯之后 - 婚姻预备课程**
组织简要介绍	"红地毯之后"的课程原则是建立于婚姻是一生的承诺而夫妻能够也需要为着这个旅程装备自己。 课程着重于帮助情侣建立一个健全，美满的婚姻,并和谐的家庭。以为婚姻打好基础为目标，课程提供一个平台让情侣讨论重要的课题，如育儿，亲子教育，财务管理，人生目标等，并引导情侣在过程中发现的课题与差异进行对话。 课程装备情侣如何有效处理意见分歧，以开放式的方法沟通及互相尊重与支持。我们的指导员都经过闻名的 Gottman Couple's Therapy 的训练，能够有效地把 Gottman Sound Relationship House 与 PREPARE/ENRICH 结合，帮助情侣建立坚固又全面的关系. 课程包括婚姻及个人性格评估工具，对象为预婚男女，已婚及重婚少过一年的夫妇。 注：这婚姻预备课程的目的是加强情侣关系并提供建立美满婚姻的有效技巧与途径，并不宜用之取代情侣/婚姻辅导。
流程	小组: 2 节课 (每节课 4 小时 - 课程都需预约) 个别情侣: 4 节课(每节课 2 小时 - 课程都需预约)
评估工具	关系测试分析 (PREPARE/ENRICH Inventory)
再婚伴侣额外探讨内容	再婚家庭：设置切实际的期望; 混合家庭的和谐
跨国伴侣额外探讨内容	跨国婚姻 - 文化与生活的调整

Focus on the Family Singapore Ltd (新加坡爱家机构)

Focus on The Family Singapore Ltd is a donor-supported organisation and an approved institution of Public Character (IPC). It is dedicated to helping families thrive, and believes the family unit is the basic building block of a thriving nation.

Course Title	**Connect2**
Programme Write Up	Why Connect2? Laying the foundations of a lifelong marriage goes beyond just preparing for a dream wedding. Knowing what to expect after you say, ""I do"" and learning how to handle 'for better or for worse' can lead to a lifetime of love and romance. Connect2 is a marriage preparation programme that aims to help couples address issues that all newlyweds face, strengthen their marriage in the early years and learn how to really love each other- for life!
No. of Hours	Group: 2 sessions (5 hours per session)
Use of Inventory	The Couple Checkup
Topics for Remarried Couples	Separate counselling sessions can be arranged to meet with the couples to discuss issues pertaining to re-marriages including building a strong marriage foundation, bonding within the blended family and step-parenting issues.
Topics for Transnational Couples	Separate counselling sessions can be arranged to meet with the couples to discuss issues pertaining to transnational marriages including relocations issues and adjustments to cultural differences that can affect the couples' expectations of each other's roles and values.

Hearty Care Centre (开心关怀中心)

Hearty Care Centre is a division of Singapore Buddhist Welfare Services. It is an educational and family service centre set up to serve the local community. It provides family life education and services for couples pre-marriage, as well as married couples.

Course Title	**It takes more than 2**
Programme Write Up	We believe that marriage is not the end of a loving relationship. Our programme serves as an avenue for couples to prepare ahead the possible areas that may cause stress to their loving relationship and how minor things like personal likings, habits, and suspicious thoughts may cause a strong relationship to fall apart. Our programme intends to address two main issues: know one-self and learning how to care for our partners in the way it is wanted by them.
No. of Hours	Group: 2 sessions (4 hours per session) or 1 session (8 hours per session - By appointment) Individual Couple : 2 sessions (4 hours per session) or 1 session (8 hours per session - By appointment)
Use of Inventory	PREPARE Inventory and workbook
Topics for Remarried Couples	• Different marriage expectations and in-laws' relationship maintenance • Parenting and relationship building with step-children (especially with teenager) • Family integration works
Topics for Transnational Couples	• Cultural Differences • Parenting values • Personal habits (Family-of-Origin vs current) • Religious differences

REACH Counselling (援触辅导)

REACH Community Services is a full member of the National Council of Social Service and an approved Institution of Public Character (IPC). It aims to build enduring marriages for couples so as to provide a stable environment to nurture the next generation.

Course Title	**One, Two, Three or Six?**
Programme Write Up	It is not about how many "C"s you have in life, but how the "C"s in your marriage can impact your life. "One, Two, Three or Six?" takes couples from the fundamentals of "What is marriage, love and commitment?" to learning critical communication and conflict management skills to maintain the emotional bonds between them and stay committed in their marriage. At the same time, couples are invited to deal with common marriage issues like finance, relating to in-laws, sex and family planning, to help build a strong foundation for a lasting marriage that may stay strong through the seasons.
No. of Hours	Group: 2 group sessions of 5 hours each; and 1 complimentary individual couple sessions Individual Couple: 4 sessions (2 hours per session - By appointment)
Use of Inventory	PREPARE/ENRICH Inventory Taylor-Johnson Temperament Analysis (T-JTA) is available upon request and is charged serparately
Topics for Remarried Couples	• Leaving the old, living the new (Impact of past relationships) • Yours, mine, ours (Blended families and step-parenting)
Topics for Transnational Couples	Home away from home (Cross-cultural adaptation)

TOUCH Community Services (触爱社会服务)

TOUCH Community Services is a non-profit charity organisation and a member of the National Council of Social Service (NCSS). It aims to serve the needy and disadvantaged, and hopes to enable every person to strengthen families, which are the foundation of society.

Course Title	**Marriage Preparation Programme**
Programme Write Up	It is every couple's desire that their marriage will be fulfilling and life-long. However, a good and sustaining marriage does not just happen, it needs preparation and effort. TOUCH MPP will help soon-to-be married couples lay the foundation for their marriage through our unique programme conducted by a husband-and-wife team, in the home of the instructors or in our office premises. The topics covered will not only offer practical tips for newlyweds but will also help enhance a couple's communication skills and conflict management. Couples will also gain valuable insights into their individual strengths and weaknesses through personality and relationship profiling and learn of the unique strengths and potential growth areas in their relationship. Couples will be taught practical tips on how to improve their relationship skills
No. of Hours	Group: 4 sessions (3 hours per session) Individual Couple: 4 sessions (2 hours per session)
Use of Inventory	PREPARE/ENRICH Inventory
Topics for Remarried Couples	• Making sense of past relationships • Roles & responsibilities as a step-parent • Developing a positive relationships with in-laws
Topics for Transnational Couples	No
课程名称 (中文)	**婚姻预备班**
课程内容及讲员简介	课程对象是为预备结婚男女，已婚及再婚少过一年的夫妇。 所涵盖的主题包括：婚约的意义、男女及家庭背景差异对关系的影响、沟通的技巧，财务管理、有效处理意见分歧与冲突、性生活和新婚的适应。内容除了提供知识也有实用技巧的操练。通过PREPARE/ENRICH 个性和关系测试工具，彼此将更深入了解关系中的独特优势和有待成长领域,帮助夫妻生活迈向愉悦好玩，有智慧地实践终身的承诺。
课程时数	小组: 3 节课 (每节课 4 小时) 个别情侣: 4 节课 (每节课 2 小时)
评估工具	PREPARE/ENRICH 关系测试
再婚伴侣额外探讨内容	• 处理前段婚姻关系的困扰 • 继父继母角色的挑战 • 建立良好的姻亲关系

Cinta Abadi Marriage Preparation Programme

The Cinta Abadi (Eternal Love) Marriage Preparation Programme helps soon-to-wed / newlywed couples to learn and discover more about themselves and their partners. Through a variety of interactive activities, you will learn skills and knowledge to build a strong marriage foundation.

This programme is supported by MSF, MUIS and ROMM and is delivered by MSF-appointed providers. It is currently available online and is conducted in English or Malay over a two-day period. Over 95% of participants found the programme to be beneficial.

PROGRAMME MODULES

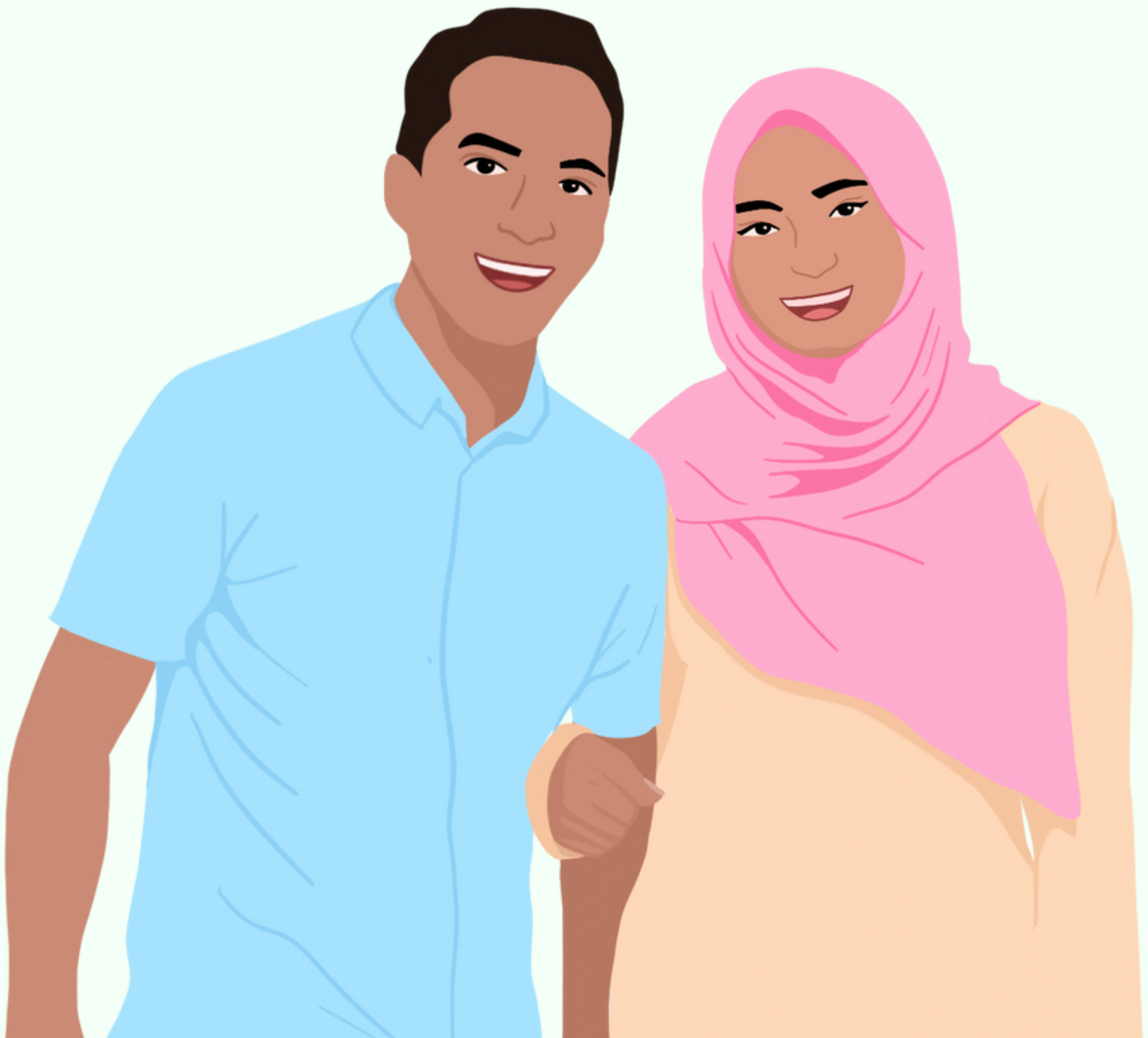
- **A**spire for a Marriage that Lasts
- **B**uild a Collaborative Marriage
- **A**ccept and Fulfil Marital Responsibilities
- **D**emonstrate Love, Passion & Intimacy
- **I**nvest in Building Supportive Relationships

KEY TOPICS

- Marriage Expectations
- Roles and Responsibilities as Couples in Islam
- Starting a Family
- Visioning & Goal-Setting
- Communication and Conflict Management
- Financial Management
- Strengthening Emotional Bonding
- Building Relationship with In-Laws

WHO IS IT FOR?

- Both parties are entering a first marriage or are already married (first marriage)
- Marriage will be / was registered at the Registry of Muslim Marriages
- Both the Groom and Bride are at least 21 years at point of programme registration
- At least one spouse is a Singaporean Citizen or Singapore Permanent Resident



For more details on programme's modules or schedule, please visit https://go.gov.sg/cintaabadi or scan the QR code:

https://go.gov.sg/cintaabadi

Cinta Abadi Marriage Preparation Programme

List of Cinta Abadi Marriage Preparation Programme Operators

Cinta Abadi Operator	Cost and Contact Details
APKIM Resources	Cost: $288 (Onsite) $238 (Online) Tel: 6295 1011 Email: info@apkim.com Website: http://www.apkim.sg
Bio Dew Management International and Institute	Cost: $250 (Onsite) $210 (Online) Tel: 9188 0610 Email: marriage@bdmi.sg Website: https://bdmi.sg
D'MARRIAGEXPERTS. Ltd.	Cost: $250 (Onsite) $200 (Online) Tel: 91951666 Email: cintaabadi@dmarriagexperts.com Website: https://dmarriagexperts.com/
SP Management Consultant	Cost: $280 (Onsite) $200 (Online) Tel: 9365 0490 Email: spmc@sapphirepearl.com Website: www.sapphirepearl.com.sg

$70 rebate available!

You will receive a $70 rebate upon completion of the Cinta Abadi Marriage Preparation Programme together, provided:

- Both parties are entering a first marriage or are already married (first marriage)
- Marriage will be / was registered at the Registry of Muslim Marriages
- **Programmes are suitable for couples aged 21 years old and above.** at point of programme registration
- At least one spouse is a Singaporean Citizen or Singapore Permanent Resident