

SHORT DURATION (6 - 8 HOURS)

If you are interested in the programme, please click on the programme name to be directed to the programme card on the Families for Life website.

Programme Name & Service Provider	Cost after \$170 Rebate	Language	Format	Modality	Location	Additional Features
Bespoke Marriage Preparation Programme by Fei Yue Community Services	\$549.40	English Chinese	Individual Couple	In-Person Virtual	Redhill	NA
Individual REACH Marriage Preparation	Office Hours: \$310 Peak - Weekday evenings: \$390 Saturday: \$470	English	Individual Couple	In-Person Virtual Hybrid	Bishan	Utilises Prepare / Enrich Couple Inventory Assessment and Report
Marriage Preparation Programme by AMP Singapore	\$157	English Malay	Group	Hybrid	Pasir Ris	Includes additional Muslim content (requires top up of \$54.50)
Together Forever by Fei Yue Community Services	\$211.50	English	Group	In-Person	Redhill	NA
Couple Connections MPP by Methodist Welfare Services	\$160	English	Group	Hybrid	Hougang	Utilises Prepare / Enrich Couple Inventory Assessment and Report
Tranquility Till Paradise - Marriage Matters: Building a Resilient Partnership by D'MarriageXperts LLP	Virtual: \$80 In-Person: \$130	English Malay	Group	In-Person Virtual	Dhoby Ghaut	Includes additional Muslim content
APKIM Marriage Mastery by APKIM Resources	Group Virtual: \$48 In-Person: \$78 Individual Virtual: \$180 In-Person: \$210	English Malay	Group & Individual Couple	In-Person Virtual Hybrid	Kallang	Includes additional Muslim content
Connect2 Marriage Preparation Workshop by Focus on the Family Singapore	Usual Price: \$240 Early Bird: \$210 Referral: \$200	English	Group	Hybrid	Bishan	Utilises Prepare / Enrich Couple Inventory Assessment and Report
Group REACH Marriage Preparation by REACH Community Services	\$180	English	Group	In-Person	Bishan	Utilises Prepare / Enrich Couple Inventory Assessment and Report
Marriage Preparation Programme: Building Love That Lasts by Lakeside Family Services	\$230	English Chinese	Group	In-Person Virtual Hybrid	Jurong West	Utilises Prepare / Enrich Couple Inventory Assessment and Report

SHORT DURATION (6 – 8 HOURS)

Programme Name & Service Provider	Cost after \$170 Rebate	Language	Format	Modality	Location	Additional Features
<u>Marriage Preparation Programme by TOUCH Community Services</u>	Weekday Office Hours:\$860 Weekday Non-Office Hours: \$940	English Chinese	Individual Couple	In-Person Virtual Hybrid	Toa Payoh	Utilises Prepare / Enrich Couple Inventory Assessment and Report
<u>Prepare/Enrich Marriage Preparation Programme</u>	En Community Services Society Group: \$460 Individual: \$950 Ministry of Building Strong Marriages and Family Individual: \$950	English Chinese	Group & Individual Couple Individual	In-Person Virtual Hybrid	Kallang Various	Utilises Prepare / Enrich Couple Inventory Assessment and Report

8 hours

MEDIUM DURATION (9 – 12 HOURS)

Programme Name & Service Provider	Cost after \$170 Rebate	Language	Format	Modality	Location	Additional Features
<u>From Promise to Practice by Almost Peaceful</u>	\$210	English	Group	In-Person Virtual	Chinatown	NA
<u>Marriage Preparation Programme - Towards a Lifetime of Togetherness by Optimal Learning Hub</u>	\$110	English	Group	In-Person Hybrid	Various	Includes additional Hindu content
<u>ePREP + Coaching: Marriage Preparation Programme by Cornerstone Community Services</u>	\$50	English	Individual Couple	e-Learning & Virtual	NA	Utilises PREP curriculum
<u>Foundations Building Marriage Preparation Programme</u>	En Community Services Society Group: \$290 Ministry of Building Strong Marriages and Families Individual: \$780	English Chinese	Group Individual Couple	In-Person Virtual Hybrid	Kallang Various	Utilises Prepare / Enrich Couple Inventory Assessment and Report & includes additional Christian content
<u>Cinta Abadi Marriage Preparation Programme</u>	APKIM Resources Virtual: \$68 In-Person: \$118 BDMI Virtual: \$80 In-Person: \$205 DMX Virtual: \$80 In-Person: \$130	English Malay	Group	In-Person Virtual Hybrid	Kallang Jalan Besar Dhoby Ghaut	Includes additional Muslim content

9 hours

10 hours

12 hours

MEDIUM DURATION (9 - 12 HOURS)

Programme Name & Service Provider	Cost after \$170 Rebate	Language	Format	Modality	Location	Additional Features
<u>Marriage Preparation Programme by TOUCH Community Services</u>	Usual Price: \$310 Early Bird: \$280	English	Group	In-Person Virtual Hybrid	Toa Payoh	NA
<u>Prevention and Relationship Education Programme (PREP) by TOUCH Community Services</u>	Usual Price: \$240 Early Bird: \$210	English	Group	In-Person Hybrid	Toa Payoh	Utilises PREP curriculum
<u>PREP Your Marriage by Fei Yue Community Services</u>	\$451.30	English	Group	In-Person	Redhill	Utilises PREP curriculum
<u>PREP Marriage Preparation Programme by Cornerstone Community Services</u>	\$200.00	English	Group	In-Person	East Coast	Utilises PREP curriculum

12 hours
14 hours
17 hours

ONLINE E-LEARNING PROGRAMMES

Programme Name & Service Provider	Cost*	Language	Format	Modality	Location	Additional Features
<u>Online Prevention and Relationship Education Programme (ePREP)</u>	Complimentary	English	Individual Couple	6 e-learning modules to be completed in 3 months	NA	Utilises PREP curriculum
<u>e-learning Marriage Preparation Programme</u>	Complimentary	English	Individual Couple	13 e-learning modules	NA	Includes additional Muslim content

Mini Marriage Prep Tip!

While it is important to manage your conflicts well, it is just as important to boost the positives in your relationship.

When we focus on staying connected, expressing our appreciation and enjoying our time together, we will be closer, happier and less harsh to each other.

