

\$70 rebate

MSF also supports Marriage Preparation Programmes which are conducted by approved Voluntary Welfare Organisations. Sign up and receive **\$70 rebate*** from MSF.

Name of Organisation	Language	Couple Registration Fees (before rebate)	Contact Details
aLife Ltd 护苗辅导中心	English	Group: \$100	6258 8816 mary@alife.org.sg www.alife.org.sg
Alive Community Network 活跃社区网络	English	Group: \$350	6372 1053 enquiry@alive.org.sg www.alive.org.sg
Careworks Community Services 社区关怀服务	English	Individual: \$300 Group: \$280	6293 4394 ccs@cplink.org.sg
Couples' Corner – A Service by Care Corner Counselling Centre 夫妻角落 (关怀辅导中心)	English 中文	Group: \$420	6353 1180 cccc@carecorner.org.sg www.carecorner.org.sg
Eagles Mediation & Counselling Centre (EMCC) 佳鹰调解及辅导中心	English 中文	Individual: \$470 Group: \$370	6788 8220 reachus@emcc.org.sg www.emcc.org.sg
FaithActs 惠爱	English	Group: \$350	6339 7611 familylife@faithacts.org.sg www.faitacts.org.sg
Family Life Society 家庭生活协会	English	Individual: \$300	6488 0278 fis@familylife.sg www.familylife.sg
Family Central – A Service by Fei Yue Community Service 飞跃家庭教育中心 (飞跃社区服务)	English	Individual: \$450 Group: \$270	6734 1401 leemingchoo@fycs.org dorcasho@fycs.org www.family-central.sg/events.html
Focus on the Family Singapore Ltd 新加坡爱家机构	English	Individual: \$500 Group: \$300	6336 1444 dennis.chua@family.org.sg www.family.org.sg
Hearty Care Centre 开心关怀中心	English	Individual: \$299.60 Group: \$246.10	6715 8876 heartycare@hcc.org.sg www.sbws.org.sg
Lutheran Community Care Services 信义社区关怀服务	English	Individual: \$520	6441 3906 marriage@lccs.org.sg www.lccs.org.sg
REACH Counselling 援触辅导	English	Individual: \$400 Group: \$320	6801 0730 counselling@reach.org.sg www.reach.org.sg
Shan You Counselling Centre 善友辅导中心	English 中文	Individual: \$400	6741 9293 counselling@shanyou.org.sg www.shanyou.org.sg
TOUCH Family Services 触爱家庭服务	English 中文	Individual: \$450 Group: \$330	6709 8400 familylife@touch.org.sg www.touch.org.sg
Woodlands Social Centre 兀兰社区中心	English	Individual: \$400	6365 3040 evelyn@wsc.org.sg www.wsc.org.sg

*Rebate is applicable to all soon-to-wed and newly-wed couple(s) attending marriage preparation programme for the first time. Either one of the spouses must be a Singapore Citizen or Singapore Permanent Resident.

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MARRIAGE OF A LIFETIME



Marriage Preparation Programmes 2018-2019

A good marriage.....

..... doesn't just happen. It is more than romance and promises. It begins with a decision to live with, appreciate and enjoy the person you are going to marry.

Like any other important things in life, a good marriage takes effort, commitment and skills.

Whether you are dating, soon-to-wed or newly-wed, attending a **marriage preparation programme** will prepare you for a healthy and enriching marriage and family life. The programmes help you understand yourself and your spouse better; as well as learn practical skills to build a lasting marriage.

Tips!

- **Consider options.** Every programme is different but they help you begin your journey of learning and growing together. Consider factors such as duration of programme, location, schedule, class size and cost.
- **Joint decision.** Discuss with your partner on which programme best meets your needs.
- **Register directly** with the service provider.

Sign up for a **marriage preparation programme** today and receive a rebate from the Ministry of Social Family Development (MSF).

**\$140 rebate for
PREP 12 hour
Workshop**

PREP 12 HOUR WORKSHOP (Evidence-Based Marriage Preparation Programme)

PREP® - Prevention and Relationship Enhancement Programme

WHAT IS PREP®?



EVIDENCE-BASED MARRIAGE AND RELATIONSHIP EDUCATION PROGRAMME



INTERACTIVE AND SKILLS - BASED



PROVEN TO WORK IN BUILDING A LASTING MARRIAGE

WHO IS IT FOR?

SOON-TO-WEDS



NEWLY-WEDS

BENEFITS

Proven to sustain
UP TO 5 YEARS
after the programme



IMPROVED COMMUNICATION AND PROBLEM-SOLVING SKILLS



HIGHER RELATIONSHIP SATISFACTION



BETTER CONFLICT RESOLUTION SKILLS

FOR MORE INFORMATION PLEASE VISIT WWW.MSF.GOV.SG/MARRIAGEPREP

PREP is an evidence-based marriage and relationship education programme designed based on over 30 years of research in the United States. PREP aims to help soon-to-wed and newly-wed couples to improve communication and problem solving skills. Research has shown that couples who attended PREP have higher levels of positive communication and interaction and greater confidence in the future of their marriages.

Sign up for PREP workshop today and receive **\$140** rebate* from MSF.

Organisation	Contact	Couple Registration Fee (before rebate)
Cornerstone Community Services	6344 8063	\$350
Couples' Corner – A Service by Care Corner Counselling Centre	6353 1180	\$420
Family Central – A Service by Fei Yue Community Service	6425 2422	\$350
Society of Sheng Hong Welfare Services	6289 5022	\$350
TOUCH Family Services Ltd	6709 8400	\$420

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