



## FREE Marriage Workshop for Your Congregation and Community

### A Great Opportunity

Rocky Mountain Family Council wants to offer your church a free marriage education workshop called Couple Connections. This powerful workshop will greatly impact your congregation and can be used as an outreach tool for your community. In this one-day workshop we focus on improving communication skills for couples.

- **Couple Connections** is part of the Colorado Healthy Marriage Project, a statewide community partnership designed to inspire cultural change and revitalize the institution of marriage. It is a FREE one-day workshop on couple communication skills. We conclude the day with a bonus session on the role of faith in marriage.
- We use the nationally-acclaimed PREP training model to help participating couples:
  - Communicate more effectively; Resolve conflicts with mutual satisfaction
  - Solve troublesome issues in marriage without verbal combat
  - Have more fun and friendship in their relationship
  - Deal with the different set of expectations brought into marriage
  - Learn how to forgive and move forward

### What is the Colorado Healthy Marriage Project?

- An effort to build a strong marriage and family culture in Colorado.
- An organization of community marriage associations with local churches, businesses, media, and state and local leaders.

### Who's doing it?

The workshop is a joint education project between WAIT Training and Rocky Mountain Family Council. It is funded through a five-year Federal marriage education grant.

### What are the benefits?

- Strong marriages create strong families which in turn create prosperous communities.
- We want to equip a new generation with timeless and proven marriage skills which will reduce divorce and offer healthy homes for children.
- Research overwhelmingly shows that kids best flourish in a home with a mom and a dad. Healthy marriages build healthy families.

### How do we get involved?

- Contact Bob Baker at RMFC at 303-466-7150 or at Bob6068@aol.com, or visit our web site at [www.rmfc.org](http://www.rmfc.org)

**Rocky Mountain Family Council ■ [www.rmfc.org](http://www.rmfc.org) ■ 303-292-1800**

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