

# PREPARE ENRICH

Marriage Prep and Enrichment in Boulder and Denver, CO for Engaged, Committed, Married, or Seriously Dating couples

Attend a series of individualized sessions with your partner: deepen your understanding of one another, learn specific tools to improve your interactions, nurture your relationship.

♥ **Receive a PREPARE/ENRICH® summary of your relationship's strengths and growth areas**

♥ **Complete exercises to improve your relationship skills**

♥ **Increase your ability to manage conflict while deepening your understanding of one another**

♥ **Gain hours for pre-marital preparation requirement**

♥ **Have fun and connect!**

*Each individual completes the research-based, PREPARE/ENRICH® online inventory prior to your couples sessions in the privacy of your own home. The report will help you know areas of strength and growth areas to focus on during the skill-building sessions. Typically, couples complete 5-8 hours of marriage preparation to have the best results.*

What: A structured program of private couples sessions based on time-tested material utilized by millions of couples

Where: Online or in-office

Cost: \$160 per one hour session

**Contact Suzanne de Montigny at (303) 217-0996 or <http://www.suzannedemontigny.net/prepareenrich.html>**

