

List of Social Service Agencies that provide Online Marriage Preparation Programmes

Marriage Preparation Programme by aLife Ltd

Whom it's for:

- Couples where the age criteria is:
 - 25 and above for the groom
 - 21 and above for the bride

What you will learn:

- Building on each other's strengths
- Communication and conflict management
- Financial planning
- Developing sexual intimacy and fertility awareness

Why join:

[This 8-hour group session*](#) is designed to help you and your partner understand each other's vulnerabilities, needs and expectations. Under the guidance of experienced professionals, couples will have the opportunity to discuss practical issues, and be provided with tools to navigate potential marital conflicts, particularly those that tend to occur in the early marital years.

**For an additional fee, you may request for a private 90-minute session instead of a group session.*

Where can you sign up for this programme:

Marriage Preparation Programme by aLife Ltd

- Location: Central
- Language: English
- Cost: S\$100
- Type: Group session
- Duration: 8 hours

aLife Ltd is a non-profit charity that offers a comprehensive marriage preparation programme specially tailored to help couples build a good marriage foundation as well as prepare them for real life.

Rebates available:

- You will receive a \$70 rebate upon completion of this programme, 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

Prepare Enrich by Careworks Community Services

Whom it's for:

- Couples where the age criteria is:
 - 25 and above for the groom
 - 21 and above for the bride

What you will learn:

- Managing personality differences
- Communication and conflict management
- Financial management
- Marital expectations and relationship roles
- Sex and affection in a marriage
- Parenting skills

Why join:

[This programme](#) uses Prepare/Enrich Relationship Assessment (PE), a relationship inventory and assessment tool that has empowered more than 4 million couples over the course of 30 years. Facilitators will conduct group sessions, then meet up with couples in a follow-up individual session to explore issues using a customised PE report. This programme focuses on building and strengthening relationship foundations through discussion, communication exercises and role play.

Where can you sign up for this programme:

Prepare Enrich by Careworks Community Services

- Location: Central
- Language: English
- Cost: S\$300 (Group)/ S\$320 (Individual)
- Type: Group / Individual session
- Duration: 8 hours (Group: 2 sessions - 6 and 2 hours)
(Individual: 4 sessions - 2 hours each)

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.

Rebates available:

- You will receive a \$70 rebate upon completion of this programme, 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

Marriage Preparation Programme by Eagles Mediation & Counselling Centre (EMCC)

Whom it's for:

- Couples where the age criteria is:
 - 25 and above for the groom
 - 21 and above for the bride

What you will learn:

- SCOPE personality scale
- Family of origin
- Marital expectations and roles
- Communication and conflict management
- Developing sexual intimacy
- Family planning and parenting skills
- Managing in-law relationships
- Financial planning and management

Why join:

[This programme](#) is available on an appointment-only basis for both group and individual sessions. It builds a strong foundation for a healthy and enriching marriage under the guidance of trainers proficient in the Gottman Method, a world-renowned couples' work methodology. Couples will have the opportunity to discuss important topics on which they may have differing views, such as parenting, finances and life goals. Focus will be placed upon managing differences, making room for open communication and facilitating support for each other.

** The group programme requires a minimum of three couples to begin. If there are insufficient numbers for your registered workshop, your registration will be carried over to the next available run.*

Where can you sign up for this programme:

Marriage Preparation Programme by Eagles Mediation & Counselling Centre (EMCC)

- Location: Central
- Language: English, Mandarin
- Cost: S\$370 (Group)/ S\$470 (Individual)
- Type: Group/ Individual session
- Duration: 8 hours (Group: 2 or 4 sessions)
(Individual: 4 sessions - 2 hours each on Wed and Thurs)

EMCC 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.

Rebates available:

- You will receive a \$70 rebate upon completion of this programme, 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

One, Two, Three or Six? by REACH Counselling

Whom it's for:

- Couples where the age criteria is:
 - 25 and above for the groom
 - 21 and above for the bride

What you will learn:

- Communication and conflict resolution
- Financial planning
- Developing sexual intimacy
- Family planning

Why join:

[This programme](#) is available for both group and individual sessions. Couples will begin with marriage fundamentals and progress to learning critical communication and conflict resolution skills. These are vital in helping to maintain emotional bonds within a marriage, as well as in helping couples remain committed to each other. Common marital issues such as managing finances and family planning will also be covered. This programme includes use of the Prepare/Enrich Relationship Assessment (PE)* tool.

**For an additional fee, couples may request to include use of the Taylor-Johnson Temperament Analysis (T-JTA) tool into their programme.*

Where can you sign up for this programme:

One, Two, Three or Six? by REACH Counselling

- Location: Central
- Language: English
- Cost: S\$320 (Group)/ S\$400 (Individual)
- Type: Group/ Individual session
- Duration: 10 hours (Group: 2 sessions - 5 hours each + 1 complimentary individual session)
8 hours (Individual: 4 sessions - 2 hours each, by appointment only)

REACH Community Services is a full member of the National Council of Social Service (NCSS) 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.

Rebates available:

- You will receive a \$70 rebate upon completion of this programme, 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

List of Social Service Agencies that provide Online Marriage Preparation Programmes

Connect2 by Focus on the Family Singapore Ltd

Whom it's for:

- Couples where the age criteria is:
 - 25 and above for the groom
 - 21 and above for the bride

What you will learn:

- What love, marriage and your vows symbolise
- Identifying each other's love languages
- Healthy ways of managing conflict
- Family finance management
- Understanding sexual intimacy and romance
- Family planning
- Managing expectations from various family members
- Achieving work-life balance

Why join:

[This group programme](#) is conducted by a trained husband-wife couple who will guide couples in addressing issues they may face as newly-weds, with a focus on building a strong foundation in the early years of the marriage. This programme includes use of The Couple Checkup™, an online assessment tool based on the Prepare/Enrich Relationship Assessment (PE) tool.

Where can you sign up for this programme:

Connect2 by Focus on the Family Singapore Ltd

- Location: Central
- Language: English
- Cost: S\$300
- Type: Group session
- Duration : 7.5 hours (3 sessions - 2.5 hours each)
10 hours (Physical class: 2 sessions - 5 hours each)

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.

Rebates available:

- You will receive a \$70 rebate upon completion of this programme, 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

List of Social Service Agencies that provide Online Marriage Preparation Programmes

Our Love Journey by Lutheran Community Care Services Ltd

Whom it's for:

- Couples where the age criteria is:
 - 25 and above for the groom
 - 21 and above for the bride

What you will learn:

- Improving self-awareness and understanding of your partner
- Gender differences
- Marital roles and responsibilities
- Communication and conflict resolution
- Realistic marriage expectations
- Goal setting
- Financial management
- Family of origin and improving in-law relationships

Why join:

[This programme](#) aims at equipping couples with the needed skills for an enriching marriage. Programme content will be structured based on couples' customised Prepare/Enrich Relationship Assessment (PE) tool results.

The three key workshop components are:

- Counselling – helping couples deal with relationship issues
- Coaching – imparting new relationship-enhancing knowledge and skills
- Facilitation – engaging couples in practical and interesting exercises

Where can you sign up for this programme:

Our Love Journey by Lutheran Community Care Services Ltd

- Location: East
- Language: English
- Cost: S\$520
- Type: Individual session
- Duration: 8 hours (4 sessions - 2 hours each, weekdays)

Lutheran Community Care Services Ltd is a charitable organisation and an approved Institution of Public Character (IPC). It actively engages and empowers individuals and families to build and sustain relationships, with a focus on restorative practices.

Rebates available:

- You will receive a \$70 rebate upon completion of this programme, 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

Marriage Preparation Programme by TOUCH Community Services

Whom it's for:

- Couples where the age criteria is:
 - 25 and above for the groom
 - 21 and above for the bride

What you will learn:

- Marital roles and expectations
- Communication and conflict resolution
- Building strengths and overcoming weaknesses together
- Nurturing emotional and sexual intimacy
- Financial management
- Couple relationship profiling

Why join:

[This programme](#) is designed to help soon-to-be-married couples lay a strong marriage foundation through sessions conducted by a husband-wife team of instructors, either in your homes or at TOUCH Community Services office premises. Topics covered will offer practical tips in key areas such as managing self's and each other's emotional states and setting relationship goals. This programme includes use of the Prepare/Enrich Relationship Assessment (PE) tool.

Where can you sign up for this programme:

Marriage Preparation Programme by TOUCH Community Services

- Location: East, Central
- Language: English, Mandarin
- Cost: S\$380 (Group)/ From S\$520 (Individual)
- Type: Group/ Individual session
- Duration: 12 hours (Group: 4 sessions - 3 hours each)
10 hours (Individual, 4 sessions, weekdays)
For evening/weekend sessions, call to enquire.

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.

Rebates available:

- You will receive a \$70 rebate upon completion of this programme, 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