

List of Voluntary Welfare Organisations that provide Marriage Preparation Programmes

Name of Organisation (Click on the name to view details)	Course Title	Language	Fees	Contact Details
aLife Ltd 护苗辅导中心	Marriage Preparation Programme	English	Group: \$100	6258 8816 mary@alife.org.sg www.alife.org.sg
Alive Community Network 活跃社区网络	Alive Marriage Preparation	English	Group: \$350	6372 1053 enquiry@alive.org.sg www.alive.org.sg
Careworks Community Services 社区关怀服务	Prepare Enrich	English	Individual: \$320 Group: \$280	6293 4394 ccs@cplink.org.sg
Eagles Mediation & Counselling Centre (EMCC) 佳鹰调解及辅导中心	Marriage Preparation Programme 红地毯之后-婚前预备课程	English 中文	Individual: \$470 Group: \$370	6788 8220 training@emcc.org.sg www.emcc.org.sg
FaithActs 惠爱	Marriage@Werkz – Marriage Preparation Programme	English	Group: \$350	6339 7611 familylife@faithacts.org.sg www.faithacts.org.sg
Family Life Society 家庭生活协会	Couple Builder's Programme	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)	Happiness In Marriage	English	Individual: \$ 481.50 (including GST) Group: \$ 288.90 (including GST)	6734 1401 leemingchoo@fyccs.org www.family-central.sg/events.html
Focus on the Family Singapore Ltd 新加坡爱家机构	1. Marriage Builders (Couples) 2. Connect2 (Group)	English	Individual: \$500-\$700 (3 sessions) Group: \$300 (2 sessions)	6336 1444 Alycia.Teo@family.org.sg www.family.org.sg
Hearty Care Centre 开心关怀中心	"It takes more than 2"	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	Our Love Journey	English	Individual: \$520 (Weekdays, 4 sessions)	6441 3906 marriage@lccs.org.sg www.lccs.org.sg
REACH Counselling 援触辅导	One, Two, Three or Six?	English	Individual: \$400 Group: \$320	6801 0730 counselling@reach.org.sg www.reach.org.sg
TOUCH Community Services 触爱社会服务	Marriage Preparation Programme 婚前预备班	English 中文	Individual: \$520 (weekday), \$680 (weekend) Group: \$380	6709 8400 familylife@touch.org.sg www.touch.org.sg
Woodlands Social Centre 兀兰社区中心	Building a Healthy Marriage	English	Individual: \$400	6365 3040 evelyn@wsc.org.sg www.wsc.org.sg

Marriage Preparation Programme Details

aLife Ltd (护苗辅导中心)	
Course Title	Marriage Preparation Programme
Programme Write Up	aLife is a non-profit voluntary welfare organization dedicated to the promotion of Life. Founded by a group of ardent professionals in 2002 with a common goal to nurture and promote a healthy perspective towards fertility and family life. aLife offers marriage preparation programmes that are specially tailored to help couples gain a deeper understanding of each other. All sessions are conducted in a cozy group setting where couples will be guided by a trained facilitator through relevant topics, such as conflict management, financial management, communication and sexual intimacy.
No. of Hours	8 hrs
Use of Inventory	No
Topics for Remarried Couples	No
Topics for Transnational Couples	No

Alive Community Network (活跃社区网络)	
Course Title	Alive Marriage Preparation
Programme Write Up	<p>Alive Marriage Preparation Programme provides both group learning as well as opportunity for you as a couple to explore with a trained professional and issues that you may find important to talk about. Group sessions will normally involve the facilitator sharing important insights on a marriage related topic and offering you opportunities to discuss various concerns. In the process you will fill up simple inventories, write about your preferences and discuss these with your partner.</p> <p>While in groups, some couples may share their own thoughts and opinions. No one will be forced to share their personal stories if they do not want to do so.</p> <p>Towards the end of the group classes, you will be able to work out dates for a couple session with a trained professional. This session will give you a chance to review your psychological profile and to better understand each other. You will also have the opportunity to crystallise your learning from the group sessions and raise possible concerns you have about marriage.</p>
No. of Hours	9 hrs 2 group sessions (2-3 hrs per session) + 1 individual session (2-3 hrs)
Use of Inventory	Psychological Assessment of Interpersonal Relationships (Pair-Test)
Topics for Remarried Couples	<ul style="list-style-type: none"> • Are you ready to get married again? • How to live in a blended family?
Topics for Transnational Couples	<ul style="list-style-type: none"> • Clarifying different expectations of marriage across cultures

Careworks Community Services (社区关怀服务)	
Course Title	Prepare Enrich
Programme Write Up	<p>Careworks Marriage Preparation Program (MPP) uses the Prepare/Enrich Relationship Assessment. PE is the number one relationship inventory and couple's assessment tool which has empowered and energized more than 4 million couples over 30 years!</p> <p>The program is conducted for both groups and individual couples by facilitators in a conducive setting. To build and strengthen a strong relational foundation, topics on Communication and Conflict Resolution, etc are explored through discussion, communication exercises and role-plays.</p> <p>In Group MPP, couples discuss among themselves and are not required to share their personal experiences unless they wish to. In the follow-up session, the facilitator will meet up with individual couples to guide them to a better understanding of each other and explore issues using the customized PE report.</p> <p>For Group MPP / Individual MPP please refer to the website for updates or register at: www.careworks.sg</p>
No. of Hours	Individual: 4 sessions (2 hrs per session, 8 hrs in total) (By appointment) Group: 2 sessions (6 hrs + 2 hrs) 2 Saturdays (By appointment)
Use of Inventory	PREPARE/ ENRICH Inventory
Topics for Remarried Couples	<ul style="list-style-type: none"> • Relationship Expectation • Partner Style & Habits • Parenting Expectation (if applicable)
Topics for Transnational Couples	<ul style="list-style-type: none"> • Practical Issues for transnational marriages, such as cultural adjustment • Customized topics

Couples' Corner – A Service by Care Corner Counselling Centre (夫妻角落 (关怀辅导中心))	
课程名称 (中文)	我们的故事 - 婚前预备课程
组织简要介绍	我们相信一个健康的婚姻是建立于两人对彼此的同理，接纳和委身。这课程的重点在于帮助伴侣更好的了解自己 and 配偶的需要，增进对伴侣的同理，再而帮助两人建立一个有效的互动和相处方式。在这基础上，两人就能更好的共同面对生活中种种的难题。课程会以活泼的方式进行，以配合成年人的学习模式
流程	个别情侣: 5 节课 (每节课 1 至 2 小时)
评估工具	泰勒强生性格分析测 或 Prepare/Enrich 关系测试分析

再婚伴侣额外探讨内容	<p>家庭重组的处理:</p> <ul style="list-style-type: none"> • 继父继母的角色 • 与亲生孩子的关系 (特别针对不与孩子生活的父母) • 于前妻/夫的关系 – 再婚后如何与前妻/夫共同扮演父母亲的角色 <p>回望过去, 展翅将来:</p> <ul style="list-style-type: none"> • 从过去的经验学习如何营造更好的未来 • 不让过去的创伤和阴影影响现今的幸福 <p>参加者可与辅导员安排额外两次的面谈以探讨这些有关再婚的课题。面谈费用是\$100</p>
跨国伴侣额外探讨内容	<ul style="list-style-type: none"> • 你我不一样: 两地文化差异 • 坦诚相对: 揭开难以开口的担心 (你会跟我一生一世吗?) <p>参加者可与辅导员安排额外两次的面谈以探讨这些有关跨国婚姻的课题。面谈费用是\$100。</p> <p>Additional Info: 中心欢迎有经济困难的情侣参与这课程, 中心会给予适当的折扣。</p>

Eagles Mediation & Counselling Centre (佳鹰调解及辅导中心)	
Course Title (English)	Marriage Preparation Programme (MPP)
Programme Write Up	<p>Our Marriage Preparation Programme (MPP) is founded on the principles that marriage is a commitment of a lifetime, and couples can and should prepare themselves for this journey.</p> <p>MPP seeks to prepare couples for a healthy, enriching marriage and harmonious family life. It is designed to lay a strong foundation for their marriage, and offers them the opportunity to discuss important topics like parenting, finances, life goals and provide an avenue for couples to have a dialogue on topics which they have different views on.</p> <p>It equips couples with the necessary skills in managing differences, making room for open communication and facilitating support for each other. MPP Trainers are also equipped in the Gottman Method, a world-renowned Couples' work methodology. By integrating PREPARE/ENRICH with the Gottman Sound Relationship House, this helps couples build a strong, holistic foundation in their relationship.</p> <p>This programme includes a marital and personality inventory and caters to marrying, re-marrying couples, as well as couples within the first year of marriage.</p> <p>Please do note that MPP is designed to improve and strengthen couples' relationships and to provide useful skills in charting a fulfilling marriage roadmap. It is not intended to be a substitute programme for couple's therapy or counselling treatment.</p> <p>For individual sessions, you may register and pay at http://emcc.org.sg/marriage-journey/marriage-preparation-programmes/</p> <p>For group MPP dates, you can refer to http://emcc.org.sg/marriage-journey/marriage-preparation-programmes/</p>
No. of Hours	<p>Individual: 4 sessions (2 hrs per session) (By appointment)</p> <p>Group: 2 sessions (4 hrs per group session) (By appointment)</p>

Use of Inventory	PREPARE / ENRICH Inventory
Topics for Remarried Couples	Stepfamilies: Setting Realistic Expectations, Harmony in Blended Families
Topics for Transnational Couples	Cultural/Ethnic issues

Eagles Mediation & Counselling Centre (佳鹰调解及辅导中心)	
课程名称 (中文)	红地毯之后 - 婚姻预备课程
组织简要介绍	<p>“红地毯之后”的课程原则是建立于婚姻是一生的承诺而夫妻能够也需要为着这个旅程装备自己。</p> <p>课程着重于帮助情侣建立一个健全, 美满的婚姻, 并和谐的家庭。以为婚姻打好基础为目标, 课程提供一个平台让情侣讨论重要的课题, 如育儿, 亲子教育, 财务管理, 人生目标等, 并引导情侣在过程中发现的课题与差异进行对话。</p> <p>课程装备情侣如何有效处理意见分歧, 以开放式的方法沟通及互相尊重与支持。我们的指导员都经过闻名的 Gottman Couple's Therapy 的训练, 能够有效地把 Gottman Sound Relationship House 与 PREPARE/ENRICH 结合, 帮助情侣建立坚固又全面的关系。课程包括婚姻及个人性格评估工具, 对象为预婚男女, 已婚及重婚少过一年的夫妇。</p> <p>注: 这婚姻预备课程的目的是加强情侣关系并提供建立美满婚姻的有效技巧与途径, 并不宜用之取代情侣/婚姻辅导。</p> <p>请通过以下网址登记个别情侣的课程并交付费用 - http://emcc.org.sg/marriage-journey/marriage-preparation-programmes/ 请通过以下网址咨询小组课程的日期 - http://emcc.org.sg/marriage-journey/marriage-preparation-programmes/</p>
流程	<p>个别情侣: 4 节课 (每节课 2 小时)</p> <p>小组: 2 节课 (每节课 4 小时) 课程都需预约</p>
评估工具	关系测试分析 (PREPARE/ENRICH Inventory)
再婚伴侣额外探讨内容	再婚家庭: 设置切实际的期望; 混合家庭的和谐
跨国伴侣额外探讨内容	跨国婚姻 - 文化与生活的调整

FaithActs (惠爱)	
Course Title	Marriage@Werkz - a FaithActs Marriage Preparation Programme
Programme Write Up	<p>FaithActs Marriage @ Werkz seeks to help couples prepare for a successful lifelong marriage ...beyond the wedding ceremony.</p> <p>Many couples believe that their love for each other is strong enough to weather any challenges in the marriage. However, constant effort and nurturing are needed for a life-long union.</p> <p>FaithActs Marriage @ Werkz hopes to equip couples with the necessary knowledge and skills to help them build a strong marriage foundation and enhanced family life. Through sessions that are filled with interactive and engaging activities, we strive to bring out the fun element of attending our sessions yet stimulating the learning capabilities of our participants. FaithActs is a marriage preparation programme service provider under MSF Marriage Preparation Programme since 2012.</p>
No. of Hours	Group: 12 hrs Individual: 2 hrs
Use of Inventory	DiSC for Couples
Topics for Remarried Couples	No
Topics for Transnational Couples	No

Family Life Society (家庭生活协会)	
Course Title	Couple Builder's Programme
Programme Write Up	Our Couple Builder Programme enables couples to sit together with a trained therapist before marriage and discuss common issues and concerns that they may have regarding married life. The main goal of this programme is to prepare couples for an emotionally and mentally enriching life together.
No. of Hours	Individual: 6 sessions (1 hrs per session) (By appointment)
Use of Inventory	PREPARE/ ENRICH Inventory (Optional, \$50 per couple)
Topics for Remarried Couples	No
Topics for Transnational Couples	No

Family Central – A Service by Fei Yue Community Service (飞跃家庭教育中心 (飞跃社区服务))	
Course Title	Marriage Preparation Workshop - <i>Happiness in Marriage</i>

Programme Write Up	<p>Many couples can go to great length to plan a perfect and memorable wedding but only those who prepare their marriage will reap rewards for many years to come. In fact current research shows that the best way to build a lifelong marriage is to prepare for it by laying the foundation for lasting and happy marriage.</p> <p><i>Happiness In Marriage</i>, our in-house programme is designed for couples who want to give their marriage the best possible start, whether they are exploring marriage, soon-to-wed or newlywed. This program can help couples enhance their strengths, clarify expectations, set clear boundary, learn and practise communication and conflict resolution skills, develop more emotional and sexual intimacy and learn basic financial resolution technique. Through these various topics, couples can create a strong relationship that will safeguard themselves against the inevitable strains of modern life.</p>
No. of Hours	<p>Group Session : 8 hrs - 2 consecutive Saturdays (9.30am to 1.30pm)</p> <p>Individual Session : 5 hrs - (Weekday : 10am to 12.30pm & 2 to 4.30pm) - By appointment only</p>
Use of Inventory	PREPARE/ENRICH Inventory – By appointment only
Topics for Remarried Couples	• No
Topics for Transnational Couples	• Please contact Project Family – A service by Fei Yue Community Services – Tel: 67690430

Focus on the Family Singapore Ltd (新加坡爱家机构)	
Course Title	<p>1. Marriage Builders (Individual)</p> <p>2. Connect2 (Group)</p>
Programme Write Up	<p>Marriage Builders</p> <p>Wedding days are celebrated feasts that commemorate the first day of a marriage. It is the start of a journey of a lifetime. Filled with ups and downs, peppered with the pressures and life and challenges of daily living, the big question is: how does one stay committed to another "till death do us part"? There are no hard and fast answers to this question. A few key elements in marriage is being prepared, learning how to manage expectations and constantly seeking to strengthen your relationship.</p> <p>Why Connect2?</p> <p>Laying the foundations of a lifelong marriage goes beyond just preparing for a dream wedding. Knowing what to expect after you say, "I do" and learning how to handle 'for better or for worse' can lead to a lifetime of love and romance. Connect2 is a marriage preparation program that aims to help couples address issues that all newlyweds face, strengthen their marriage in the early years and learn how to really love each other- for life!</p>
No. of Hours	<p>Individual: 6 sessions (1 hr per session) or 3 sessions (2 hrs per session) Group:</p> <p>2 sessions (5 hrs per session)</p>
Use of Inventory	<p>PREPARE/ ENRICH Inventory (optional) for individual</p> <p>The Couple Checkup (compulsory)</p>
Topics for Remarried Couples	<p>Separate counselling sessions can be arranged to meet with the couples to discuss issues pertaining to re-marriages including building a strong marriage foundation, bonding within the blended family and step-parenting issues.</p>

Topics for Transnational Couples	Separate counselling sessions can be arranged to meet with the couples to discuss issues pertaining to transnational marriages including relocations issues and adjustments to cultural differences that can affect the couples' expectations of each other's roles and values.
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Hearty Care Centre (开心关怀中心)	
Course Title	"It takes more than 2"
Programme Write Up	<p>We believe that marriage is not the end of a loving relationship. Our programme serves as an avenue for couples to prepare ahead the possible areas that may cause stress to their loving relationship and how minor things like personal likings, habits, and suspicious thoughts may cause a strong relationship to fall apart.</p> <p>Our programme intends to address two main issues: know one-self and learning how to care for our partners in the way it is wanted by them.</p>
No. of Hours	Individual: 2 sessions (4 hrs per session) or 1 session (8 hrs per session) (By appointment) Group: 2 sessions (4 hrs per session) or 1 session (8 hrs per session) (By appointment)
Use of Inventory	PREPARE Inventory and workbook
Topics for Remarried Couples	<ul style="list-style-type: none"> • Different marriage expectations and in-laws' relationship maintenance • Parenting and relationship building with step-children (especially with teenager) • Family integration works
Topics for Transnational Couples	<ul style="list-style-type: none"> • Cultural Differences • Parenting values • Personal habits (Family-of-Origin vs current) • Religious differences

Lutheran Community Care Services (信义社区关怀服务)	
Course Title	Our Love Journey

Programme Write Up	<p>Marriage is a life long journey that is filled with challenges, joy and fulfillment. As you embark on this exciting journey, the marriage preparation workshop, “Our Love Journey” will equip and prepare your partner and you for an enriching and fulfilling marriage. The workshop will enable you to have greater self-awareness, develop a better understanding of your partner, have realistic marriage expectations, identify the strengths and growth areas in your relationship, improve your communication and conflict resolution skills, set couple and family goals etc.</p> <p>The program is structured based on the couples’ and customized Prepare & Enrich Marriage Profiling. There are three key components in the workshops:</p> <ul style="list-style-type: none"> • Counselling: Counsel couples to deal with relationship issues • Coaching: Imparting of new knowledge and skills to enhance relationships • Facilitation: Facilitation of couples’ engagement in practical and interesting exercises; couples’ discussion of various topics of interests; couples’ communication about issues; facilitate and guide couples to explore ways of coping and managing their relationship issues <p>Key learning points gained by couples who have attended the program:</p> <ul style="list-style-type: none"> • An increased self-awareness and understanding of partner • Effective communication and conflict resolution • Realistic marriage expectations • Goal setting • Financial Management
No. of Hours	8 hours (2 hours per session)
Use of Inventory	Prepare & Enrich Marriage Profiling
Topics for Remarried Couples	<ul style="list-style-type: none"> • Adjustments in blended families • Effective parenting in blended families • Managing expectations in re-marriage
Topics for Transnational Couples	<ul style="list-style-type: none"> • Cultural and adaptation issues in transnational marriages

REACH Counselling (援触辅导)	
Course Title	One, Two, Three or Six?
Programme Write Up	It is not about how many “C”s you have in life, but how the “C”s in your marriage can impact your life. “One, Two, Three or Six?” takes couples from the fundamentals of “What is marriage, love and commitment?” to learning critical communication and conflict management skills to maintain the emotional bonds between them and stay committed in their marriage. At the same time, couples are invited to deal with common marriage issues like finance, relating to in-laws, sex and family planning, to help build a strong foundation for a lasting marriage that may stay strong through the seasons.
No. of Hours	Individual: 4 sessions (2 hrs per session) (By appointment) Group: 2 group sessions of 5 hrs each; and 1 complimentary individual couple sessions
Use of Inventory	<ul style="list-style-type: none"> • PREPARE/ENRICH Inventory • Taylor-Johnson Temperament Analysis (T-JTA) is available upon request and is charged separately
Topics for Remarried Couples	<ul style="list-style-type: none"> • Leaving the old, living the new (Impact of past relationships) • Yours, mine, ours (Blended families & step-parenting)

Topics for Transnational Couples	Home away from home (Cross-cultural adaptation)
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TOUCH Community Services (触爱社会服务)	
Course Title (English)	Marriage Preparation Programme
Programme Write Up	<p>It is every couple's desire that their marriage will be fulfilling and life-long. However, a good and sustaining marriage does not just happen, it needs preparation and effort. TOUCH MPP will help soon-to-be married couples lay the foundation for their marriage through our unique programme conducted by a husband-and-wife team, in the home of the instructors or in our office premises.</p> <p>The topics covered will not only offer practical tips for newlyweds but will also help enhance a couple's communication skills and conflict management. Couples will also gain valuable insights into their individual strengths and weaknesses through personality and relationship profiling and learn of the unique strengths and potential growth areas in their relationship. Couples will be taught practical tips on how to improve their relationship skills</p>
No. of Hours	Individual: 4 sessions (2 hrs per session) Group: 4 sessions (3 hrs per session)
Use of Inventory	PREPARE / ENRICH Inventory
Topics for Remarried Couples	<ul style="list-style-type: none"> • Making sense of past relationships • Roles & responsibilities as a step-parent • Developing a positive relationship with in-laws
Topics for Transnational Couples	<ul style="list-style-type: none"> • Myths about transnational marriage • Overcoming the cultural differences in the belief about marriage & family • Managing in-laws relationships

TOUCH Community Services (触爱社会服务)	
课程名称 (中文)	婚前预备班
课程内容及讲员简介	<p>课程对象是为预备结婚男女，已婚及再婚少过一年的夫妇。</p> <p>所涵盖的主题包括：婚约的意义、男女及家庭背景差异对关系的影响、沟通的技巧，财务管理、有效处理意见分歧与冲突、性生活和新婚的适应。内容除了提供知识也有实用技巧的操练。通过 PREPARE/ENRICH 个性和关系测试工具，彼此将更深入了解关系中的独特优势和有待成长领域，帮助夫妻生活迈向愉悦好玩，有智慧地实践终身的承诺。</p>
课程时数	个别情侣：4 节课 (每节课 2 小时) 小组：3 节课 (每节课 4 小时)
评估工具	PREPARE/ENRICH 关系测试
再婚伴侣额外探讨内容	<ul style="list-style-type: none"> • 处理前段婚姻关系的困扰 • 继父继母角色的挑战 • 建立良好的姻亲关系

跨国伴侣额外探讨内容	<ul style="list-style-type: none"> • 跨国伴侣的适应 • 探讨异国婚姻文化及思想上的差异 • 建立良好的姻亲关系
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Woodlands Social Centre (兀兰社区中心)	
Course Title	Building a Healthy Marriage
Programme Write Up	This programme raises couples' awareness and understanding of their expectations, feelings and current experiences of their relationship as well as the possible challenges they may encounter on their marriage journey. The learning and sharing during the sessions is enriching and helps to strengthen the commitment in couples to build a healthy lasting marriage. This programme is the choice of couples who prefer private sessions to discuss their issues.
No. of Hours	Individual: 3 sessions (4 hrs per session) (By appointment)
Use of Inventory	PREPARE / ENRICH Inventory
Topics for Remarried Couples	<ul style="list-style-type: none"> • Managing expectations of remarriage • Unfinished business from previous relationships • Step parenting
Topics for Transnational Couples	Cultural Issues