

### Other Information on Marital First Responder Training

<p>Training objectives &amp; what it covers</p>	<p>This training aims to</p> <ol style="list-style-type: none"> <li>a. <b>Empower</b> members of the community to provide basic marriage support</li> <li>b. Learn to <b>discern</b> when they should listen, give guidance or direct friends, family members and couples to seek professional help</li> <li>c. <b>Provide information</b> on professional marriage counselling services</li> </ol> <p>What it covers:</p> <ul style="list-style-type: none"> <li>• Role of participants in providing basic marriage support to couples</li> <li>• Considerations when assessing issues - relationship of MFR to confider/ spouse, nature of issue ('hard' or 'soft' problem), if divorce is on the table</li> <li>• Most common mistakes made by participants who have gone through the MFR training</li> <li>• Seven essential skills: <ul style="list-style-type: none"> <li>○ <b>LEAP</b>: to listen, empathise, affirm and offer perspective</li> <li>○ <b>CAR</b>: challenge, advice and suggest resources</li> </ul> </li> <li>• Resource List for couples</li> </ul>
<p>How it is delivered</p>	<p>The training is conducted via online Learning and a one-day face-to-face workshop.</p>
<p>Fees:</p>	<p>Complimentary</p>

## Frequently Asked Questions

### **1. Is the Marital First Responder (MFR) Training an M<sup>3</sup> initiative?**

The MFR training is an MSF initiative that is available to all communities. It aims to build community capability by empowering community volunteers to provide basic support to couples and create healthier and more stable relationships.

The MFR training at Nee Soon is a collaboration between the local Malay Activity Executive Committees Council (MAECs), mosques, MENDAKI and MSF.

MSF is exploring MFR training for other communities and organisations. Community agencies that are interested in the training may contact MSF at [MSF\\_MPP1@msf.gov.sg](mailto:MSF_MPP1@msf.gov.sg)

### **2. Why did MSF choose to roll this out at M<sup>3</sup>@Nee Soon first, instead of the other M<sup>3</sup>@Towns?**

M<sup>3</sup>@Nee Soon aims to build strong families including helping parents strengthen bonds with their children.

The MFR training was rolled out at M<sup>3</sup>@Nee Soon first, as the timing coincided with the launch of the town. This training programme will be progressively rolled out to other M<sup>3</sup>@Towns.

### **3. Will this MFR training be extended to other communities beyond the Malay/Muslim community? What are the other communities and organisations that will be partnering MSF for this training? When will the training be rolled out for them?**

The MFR training is available for all communities. We are exploring partnerships with religious organisations for this training. We recognise that they are natural touch-points that allow individuals to interact based on similar values and beliefs. They can also serve as effective support system as participants are more likely to maintain ongoing involvement with congregants who attend similar programmes.

We are exploring partnerships with the other communities and organisations, and will roll out the training progressively.