

“Enriching your relationship is a sound investment.”

If you are a newly engaged couple the PREPARE Couple Program can encourage you to developing a strong and growing relationship with one another. Given that nearly half of today’s marriages end in divorce, it makes good sense to safeguard your relationship by investing time and money in keeping it vital.

If you are a couple not yet engaged but are interested in moving toward a deeper commitment, the PREPARE Couple Program is an excellent opportunity to accurately assess your relationship and learn how to share your feelings and ideas so that you can grow and decide together what comes next.

*“Relationships aren’t automatic;
They require conscious attention.”*

The PREPARE Couple Program will assist you in identifying relationship areas to enrich, help you build on your strengths and teach you to communicate more effectively with your partner. It also contains a variety of couple exercises that can help you achieve these goals. The exercises are designed to encourage you to talk with each other and plan together how you will approach a variety of important topics.

The PREPARE Couple Program will help you:

Explore Your Relationship
Strength and Growth Areas

Strengthen your communication
skills, including assertiveness and
active listening

Learn skills to resolve conflict

Explore relationship styles and
families-of-origin issues

Develop a workable budget and
financial plan

Develop personal, couple, and
family goals



Package Price: \$550
(a \$650.00 value]
+ \$29.95 Testing Fee
(online access)

Package Includes:

Six Counseling Sessions
(one hour each - additional
sessions on request]
PREPARE Couple Evaluation
Skill Building Exercises
Homework Assignments
Resources for Growth

Counseling Schedule

Session I

Overview
Couple’s Expectations
Goals for Counseling
Administer PREPARE

Session II

Marital Expectations
Communication Exercise I
Communication Exercise II

Session III

Conflict Resolution Exercise
Couple Relationship Style
Family-of-Origin

Session IV

Financial Plan and Budget
Goal Exercise
CHANGE Model

Session V

Remaining Areas Part 1:
Personality Issues, Leisure Activities,
Sexual Expectations, Children &
Parenting, Family & Friends,
Role Relationship
and Spiritual Beliefs

Session VI

Remaining Areas Part 2:
Review and Evaluation
Recommendations
Resource List

“Failing to prepare is like preparing to fail”

PREPARE was designed to help you learn more about *yourself, your partner, and your relationship.*

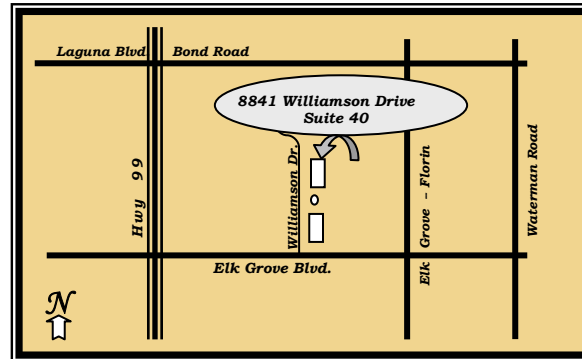
Areas of Focus:

- ✚ Marriage Expectations
- ✚ Conflict Resolution
- ✚ Communication
- ✚ Sexual Relationship
- ✚ Financial Management
- ✚ Spiritual Beliefs & Practices
- ✚ Personality Issues
- ✚ Relationship Roles
- ✚ Leisure Activities
- ✚ Family & Friends
- ✚ Children & Parenting

A special version, PREPARE MC, is available for couples considering marriage who already have children.

The PREPARE Couple Program is only available through professionals certified by Life Innovations, Inc.

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About Your Counselor...

Linda E. Carlos is a licensed Marriage, Family, and Child Therapist in private practice in Elk Grove. She received her undergraduate degree in Psychology from California State University, Sacramento, and her Masters of Arts degree in Marriage and Family Ministries from Fuller Theological Seminary in Pasadena. Linda began her private practice in 1992 in Elk Grove.

Linda offers a variety of counseling services to individuals, couples, families, and groups. She is an approved provider for several employee assistance programs and also supervises Marriage, Family and Child Counselor Interns. In addition to her practice, Linda serves on the Advisory Board of Mission of Grace Foundation and is an active member at Valley Hi Covenant Church.



PREPARE
for
Couples



“Prepare for your Marriage,
not just your Wedding”

Provided by:

Linda E. Carlos
Marriage, Family, Child Therapist
License #MFC 27723