

# themarriagecourse

Session 1 / 29th October  
Building Strong Foundations  
Learn to understand each other's needs

Session 2 / 5th November  
The Art of Communication  
How to listen and communicate effectively

Session 3 / 12th November  
Resolving Conflict  
Develop methods to resolve conflict and disagreements

Session 4 / 19th November  
The Power of Forgiveness  
Learn how to apologise and forgive as a couple

Session 5 / 26th November  
The Impact of Family – Past and Present  
Explore the impact of your family on your relationship

Session 6 / 3rd December  
Good Sex  
Find ways to develop greater sexual intimacy

Session 7 / 10th December  
Love in Action  
Learn your partner's 'love language'  
and how to love them well

*Feedback from previous courses has been so positive  
"Every couple should do this course!"*



It's never too late to go on a date!

The Marriage Course is a seven-week structured opportunity for married couples to re-discover their first love for each other.

Treat each evening as a date night - you will be welcomed with a glass of something of your choice and given a delicious two course candlelit meal and no one will put you on the spot or ask you to share your deepest secrets.

There is only one condition you will need to talk to each other and you may be surprised at what you hear!

**BOOK NOW! ONLY £12 PER PERSON PER WEEK.**

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Course