

PREPARE/ENRICH

Marriage Preparation at the Cathedral of the Most Blessed Sacrament includes each couple meeting with a professional counselor to discuss their **Prepare/Enrich** results.

Prepare/Enrich is a customized assessment completed online which identifies a couple's strength and growth areas. It is one of the most widely-used programs for premarital counseling and premarital education. It helps couples improve their relationship by strengthening communication and conflict-resolution skills. It also helps couples to develop a more balanced relationship through the use of written exercises between the sessions.

After completing the online assessment tool, the couple discusses results with a counselor during sessions totaling 3-4 hours. A workbook is also used during the sessions. Afterwards, a written summary report along with the assessment tool is given to the priest/deacon who plans to preside at the couple's wedding ceremony.

Each couple meets with their counselor at a convenient location in Metro Detroit. In order to begin this **Prepare/Enrich** process, please contact Joe Manuszak at 586.322.1660 or jmanuszak@colombiere.com. Joe will set you up with a counselor -- either himself or another one.

The total fee for the online tool and meetings with the counselor will be \$250.