

Pre-Marriage Education

What are our Pre-Marriage Education programs?

The CSG Clinic runs a series of Pre-Marriage and Relationship programs. They are designed to help you spend time as a couple to build upon your relationship and have a richer, happier and more fulfilling life together.

Depending on your needs and goals, you can choose from two different courses:

Partners

Partners programs are skill-based and designed not only as a learning program but to have fun as well. Up to 7 couples take time to reflect on their relationship over a 9-hour period (either 3 week nights or 1 week night and a Sunday) and participate in course exercises, small group and large group discussions on crucial relationship topics. This approach allows couples to interact on a personal level as well as gaining insight from their peers.

Topics include:

What makes a good relationship
Roles and expectations
Family influences
Communications skills
Problem solving skills
Conflict resolution methods
Respecting and responding to differences
Intimacy
Sexuality and family planning

Intimate Partners I

This course involves four (4) couples and focuses on similar topics to the Partners course, and over the same time period. You will be invited to respond individually to a questionnaire. The results of these questionnaires provide an indication of your strength and growth areas in several categories eg personality issues, communication areas and marriage expectations etc. After completing the Partners topics above, the therapist will then work with you through those categories that you would like to explore further.

When and where are the courses held?

The group programs will be held at our offices in Burnaby. Our office is centrally located near Metrotown and is easily accessible by car, public transit. There is ample parking available.