



"We learnt tools to build intimacy. The course allowed us to raise topics that helped me learn about my fiancé, his background, beliefs, tools for conflict, strengthening our relationship." - Ben & Alice



Live (face-to-face)

### Who is this course for?

- ✔ Engaged couples preparing for marriage
- ✔ Committed dating couples discerning marriage
- ✔ Civilly married couples preparing for Catholic marriage
- ✔ Newlywed couples wanting to strengthen their marriage

For more course details contact us via:



## Give yourself the best start to your marriage



SmartLoving Engaged is an innovative program to prepare you and fiancé for Marriage in the Catholic Church.

This comprehensive course is a rich audio-visual experience that takes you on a journey of discovery, guided by video input and supplemented by the lived experience of married mentor couples.

# Congratulations on your engagement

We hope and pray that this time of preparation is both joyful and meaningful - you are undertaking a great journey together, one that will have both its challenges and rewards, and we want to wish you every success.

During this time of intense planning for your wedding, it's easy to get distracted from the most important part of your plans; preparing for a new life together. Marriage is a wonderful life-long journey and good relationship formation before you begin will help you maintain the joy and the passion you currently enjoy throughout your married life.

SmartLoving is a program that will not only prepare you well for marriage, it will also set you on a course of formation that will help you keep your relationship healthy and vibrant throughout your life together..



"Our communication skills, physically, emotionally and spiritually, have developed greatly over the past 6 – 7 weeks and a lot of that can be attributed to the course – it has certainly set us up for a successful and loving marriage."

- Myles & Monica



## Features

- **Six sessions of two hours duration plus additional self-directed activities for your first year.**
- **Trained married couples present the course drawing on their lived experience making the material relatable and very practical.**
- **Topics include: the nature of love; gender differences; communication; forgiveness; expectations and attitudes; sexuality; spirituality; children; sacrament and the wedding ceremony.**
- **Available in a variety of formats including individual mentoring, correspondence for couples in remote areas, small home groups and group intensives. See the website for details in your area.**