



# MARRIAGE ENRICHMENT PROGRAMS

## MARRIAGE ENRICHMENT PROGRAMS AT HOME

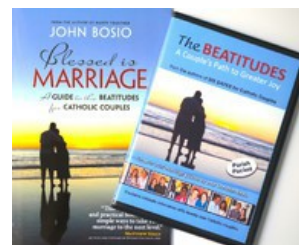
PLEASE CONTACT CHRISTIAN RADA AT [CRADA@DIOBROOK.ORG](mailto:CRADA@DIOBROOK.ORG) FOR MORE INFORMATION ABOUT HOW TO MAKE GOOD USE OF THESE PROGRAMS IN YOUR PARISH.

### 10 Great Dates® To Energize Your Marriage

This award-winning, easy-to-do, fun, broad, bible- and skill-based marriage education program disguised as 10 fun dates is now updated complete with a new expanded edition of the book with the latest research and input from millennium couples. Plus new cutting edge multi-media presentations make launching the dates easy and fun. Even presenter notes are included! Take advantage of the current date night phenomenon and offer 10 Great Dates in your parish and community. Couples come for a short 30-minute date launch; tear out the duplicate dating exercises in their book, and head out for their date. For further information, please visit <https://www.10greatdates.org/>

10 GREAT DATES®

**The BEATITUDES: A Couple's Path to Greater Joy** This marriage enrichment program explores the Beatitudes as a path to holiness in Christian marriage. The program is based on John Bosio's book, *Blessed is Marriage: a Guide to the Beatitudes of Catholic Couples*. The program, which contains six videos, handouts for participants, opening prayers, and a coordinator's guide, is very versatile. It can be used in date nights programs, small discussion groups, or in couples' retreats. For information, please visit <https://www.happy-together.net/the-beatitudes-a-couples-s-path-to-greater-joy/>



### Catholic Couple Checkup

Catholic Couple Checkup is an online relationship assessment (powered by PREPARE/ENRICH) that couples can take without the help of a facilitator or counselor. Tailored to each couple and the Catholic faith, the computer-generated report helps couples discover their strength and growth areas across several relationship categories such as communication, conflict resolution, roles, financial management, personality and more. Couples can bring their results to a priest, marriage mentors, or marriage enrichment group to work through their results, or download the PDF Discussion Guide to unpack the results and build relationship skills on their own. For information, please visit, <https://www.catholiccouplecheckup.com/>



### The Marriage Course (powered by Alpha International)

The Marriage Course is an easy-to-run, practical seven-session course designed to support couples looking for practical support to strengthen their relationship. No expertise is needed to run the course. You may have experience working on your own marriage, or you are passionate to see marriages and family life strengthened in your community. This program is designed to help couples invest in their relationship and build a strong marriage. For more information, please visit, <https://alphausa.org/marriage-course-faqs>

