

PRE-MARITAL COUNSELING RESOURCE LIST

Premarital counseling supports couples to build a healthy and solid foundation ahead of the long-term commitment of marriage.

It also helps couples identify areas of conflict in the relationship and provide effective tools to address those areas to prevent them from becoming serious issues in the future. Talk to your pastor or priest, or seek counseling from a licensed therapist.

PREPARE AND ENRICH

prepare-enrich.com/

Equipping marriage champions, couples, and families with evidence-based skills and insights to foster healthy relationships.

SYMBIS

symbis.com/

Build your marriage on more than a hope and a prayer. The SYMBIS and SYMBIS+ Assessments gives you a personalized road map to making your marriage everything it was meant to be.