

A man and a woman are sitting on a dark wooden bench in a park. They are facing each other, looking into each other's eyes. The man is on the left, wearing a dark shirt and pants. The woman is on the right, wearing a dark top and sandals. They are surrounded by trees with green and yellowing leaves, suggesting an autumn setting. In the background, a body of water is visible through the trees. The overall atmosphere is romantic and peaceful.

MARRIAGE COURSE

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The Marriage Course is for couples who are married or in a committed relationship and interested in investing time in their relationship. This is a great opportunity for couples to gain tools and techniques to keep the spark alive in their relationship and stay connected.

This year we are offering two courses. Our online course starts on Thursday 21 July 2022, while our face-to-face course commences Tuesday 20 August 2022. We'd love for you to join us!

This respected course was originally developed in 1996 by Nicky and Sila Lee, who have been married now for over 40 years. It was updated in 2020, featuring expert insights and drawing on the real-life experiences from couples all over the world.

While based on Christian principles, the course is relevant and helpful for any couple with or without a Christian faith or church background. There is no group work and each couple's conversations are completely private.

The course will be facilitated by Trish Howes. Trish is a trained Social Worker and has 30 years' experience working with couples and families. Since her retirement, she has enjoyed running several successful Marriage Courses for St Mark's, both online and at the Sheaf Hotel at Double Bay.

Held over 7 sessions, this online course will help you to consider topics including:

- Understanding each other's needs
- Communicating more effectively
- Growing closer by learning to resolve conflict
- Sex and expressions of love
- and much more!

COURSE DATES

Online course:

Thursday 21 July 2022, 7pm – 9pm, via Zoom for seven weeks.

Face to face course:

Tuesday 9 August 2022, 6:30pm – 9pm for seven weeks.

Held at The Sheaf (Canopy Room), 429 New South Head Road, Double Bay.

STANDARD RATE

\$75 per couple (for booklets).

REGISTER

To book your place in this course and for more details, please visit stmarksdp.org/whats-on/ or scan the QR code.

