



Before you say I do...



You're investing a lot in your wedding day, so why not invest a small amount in making sure your relationship is as strong as possible too?

Relate's *Before you say I do* course can help you reflect on crucial questions about your relationship that are vital to its long term success, such as:

- What are your expectations of marriage?
- What does commitment mean to you?
- Do you agree on the most important areas of your shared lives?
- How good are you at sorting out problems?
- Do you handle rows constructively?
- Can you be sexually compatible, for a lifetime?
- Do you both want children
- How will you cope with your in-laws?
- Can you face up to crises confidently together?

relate
the relationship people



What does the course cover?

Together with other couples you'll cover areas such as communication, conflict, commitment, money, sex and personal expectations and fulfilment.

Each session allows you and your partner to discuss all of these topics in a fun and informative way.

People know us because we help a lots of couples when their relationships falter, but we're here to help you prevent this happening by offering a series of workshops which can strengthen your relationship as you move through your life.

Book a place

To book a place on the *Before you say I do* course call 01325 461500 or email counselling@relatenortheast.org.uk

Relate North East

01325 461500

counselling@relatenortheast.org.uk

www.relatenortheast.org.uk

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