



About the Event

Topics covered include:

- Couple-hood and commitment
- Families of origin
- Financial planning
- Sexuality and fertility awareness
- Women's and men's health
- Communication skills
- Conflict management
- Managing In-law relationships

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Dynamic and
Interactive
Speakers!
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Couples will receive the following exclusive course materials:

- Communications Skills Worksheet
- Signature MEPC Handbook
- The 5-love language profile
 - A) Words of Affirmation
 - B) Quality Time
 - C) Receiving Gifts
 - D) Acts of Service
 - E) Physical Touch
- Participation feedback form
- Assessment on in-law relationship
- Couple's Fertility Mapping Profile

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Informative
and highly
enjoyable!
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CONTACT US



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Operation hours

Mon- Fri: 9.00am - 5.00pm
Sat: 9.00am - 1.00pm

To check out next available MEPC
Session & register, please visit



Website

www.alife.org.sg



Marriage Enrichment & Preparation Courses

Endorsed By MSF





Marriage Preparation, Enrichment Courses & Family Planning Matters



aLife offers couples privately conducted solemnization ceremonies by our own Registrar of Marriages set in intimate and cosy

aLife offers Marriage Enrichment & Preparation Courses (MEPC) to couples who are seriously contemplating marriage, as well as newly married couples who want to see that their marriage gets off to a good start, by building a good foundation. We will address the following pertinent questions:

What does marriage mean to you? What is your expectation for this course?

MEPC provides young couples with a practical guide, eye-opener of sorts. One couple even likened it to 'a crash course in marriage 101', intended to expose possible pitfalls and landmines that dot the marital landscape, particularly in the first 5 years.

Couples will get a glimpse of what to expect, with insightful testimonies from our expert panel of married speakers, of the evolving challenges that crop up along the highway of love and coupledness.

“ Gives you the inside scoop on marriage in a light-hearted manner! ”

“ Marriage is not for the faint of heart... Adrian & Pamela Stovall ”

aLife aims to prepare you for real life, not just as lovers and friends, but as working partners and soul mates on what is hopefully a lifetime journey. Like any business venture, marriage is a partnership requiring hard work and commitment, but the rewards and dividends reaped from a good marriage are priceless!

MEPC provides you with a unique opportunity to be open with your partner, to talk honestly about your future life together, and explore the multi-faceted vista that marriage presents. The course will help you to know yourself in areas where you are vulnerable, anticipate your needs and expectations.

In conclusion, MEPC will highlight aLife's 5 tenets of marital bliss

- Conflict and difference resolution
- Seek first to understand, then to be understood
- Discovery through difference
- Make love a decision, not merely a feeling
- Love one another with mutual affection

What we offer

- aLife MEPC is fully supported and highly subsidized by MSF;
- Our specialist trainers are accredited by MSF and being pro-family and pro-life, draw on their wealth of experience in their respective fields;
- Our program curriculum is designed to encompass all contemporary concerns, while delving into key areas at the root of marital conflict that surface in the first couple of years;
- A full day program, uniquely formulated to cover all necessary ground within a single session;
- Couples attending MEPC for the first time are entitled to a rebate from MSF upon completion of the program;

* Condition for couples attending - Either one must be a Singapore Citizen or PR