

What is PREP®?

PREP® is *education*, not therapy. Having a successful, satisfactory, loving relationship does not occur through luck or chance but upon relationship skills. Many of us didn't learn relationship skills in a direct manner from qualified sources. Most of us simply picked up bits of information from people who had good intentions, but lacked expertise. Worse, some passed on advice that was downright wrong.

Much of what goes wrong in loving relationships has to do with never having learned or developed the **skills and principles** associated with successful relationships. **PREP®** is an educational program that teaches couples the skills and principles they need to maintain a healthy and lasting relationship.



Problems addressed in PREP®

- Arguments that rapidly become negative and include put-downs and the silent treatment.
- Difficulty communicating well, especially when you disagree.
- Having different attitudes and expectations about important things.



- A low level of commitment to one another or failing to view your marriage as a long term investment.
- Unrealistic beliefs about marriage.
- Trouble handling disagreements as a team.
- Lack of fun in the marriage.
- Not enough time for each other.

Come laugh and learn as we share:



THE TREMENDOUS JOY OF CONNECTING

Marriage can be an oasis of acceptance and appreciation. For everyone who wants to be understood, here's a simple but effective tool to bring insight and closeness to your relationships.

FOUR DANGER SIGNS

Research has revealed the top reasons that marriages are weakened or even destroyed. Learn about the four key risk factors and the steps you can take to eliminate all four.

VIVA LA DIFFERENCE!

Gain fresh insights into why men and women see life so differently. You'll leave with a new appreciation for who you are - and whom you love.

ENJOYING THE GOOD TIMES

Learn secrets of keeping business from crowding out the fun in your marriage.

NO MATTER WHAT!

All of us need to improve our skills when it comes to loving the most important person in our lives. It doesn't matter whether you have a newfound love, you're gritting your teeth as your teen gets his license, or your youngest has left you with an empty nest. This is your chance to learn insights and skills to help you enjoy your marriage no matter where you are today or what tomorrow may bring.

2012 PREP DATES

Saturday, March 17
10 a.m.—6 p.m.
Sacred Heart Church, 272 Broad St.
Wadsworth, OH 44281

Saturdays, May 19 and September 22
9 a.m.—6:30 p.m.
Holy Martyrs, 3100 S. Weymouth Road
Medina, OH 44256

To register, call 216-334-2978 or visit our website
www.clevelandcatholiccharities.org/mfm

Department for Marriage and Family Ministry
7911 Detroit Ave., Cleveland, OH 44102

PREP® covers the following topics:

- **Getting to First**
Taking a Positive Attitude
Techniques for Talking Safely and Clearly
Handling Your Issues
Solving Your Problems
Great Ground Rules for a Great Relationship
- **Reaching Second**
Having Fun
Enhancing Your Love Life
Sharing Values and Core Beliefs
- **Rounding Third**
Meeting Expectations
Forgiving
- **Safe At Home**
Being Friends
Making the Commitment

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PREP®



Prevention and Relationship Enhancement Program

- **PREP** is one of the most comprehensive divorce-prevention/marriage enhancing programs in the world.
- **PREP** is for both married and engaged couples.
- **PREP** helps partners say what they need to say, get to the heart of problems, and increase their connection with each other.
- Presenters have received intensive training in the **PREP** Approach.
- **See back page for PREP dates.**

Presenters

- **Michael Pavlak, Ph.D.**, licensed psychologist and licensed marriage and family therapist (*Sunday sessions*)
- **Bill Boomer, M.A.**, Director, Department for Marriage & Family Ministry (*Saturday sessions*)



Catholic Charities Parish and Community Ministries
Diocese of Cleveland