**Marriage Matters – online help and advice.**

**Marriage Enrichment**

Worldwide Marriage Encounter - Online Marriage Enrichment Experience with Bishop David Evans, January 30th-31st 2021

An opportunity for couples to enrich their relationship, regardless of the length of time they have been together.

Couples can explore their relationship and gain a deeper understanding of the Sacrament of Marriage.

To find out more visit <https://wwme.org.uk/> or call 0845 2602016

**Marriage support for those experiencing difficulties**

Is lockdown and living in a time of so much uncertainty affecting your relationship?

Are you more stressed, silent or arguing a lot?

Have you reached a point that you are considering separating or divorce?

Help and support is available.

Retrouvaille (<https://www.retrouvaille.org.uk>) offer a virtual weekend programme (25th-28th Feb 2021) that may help.

For more information or to speak to someone in confidence call or text 07887 296983 / 07973 380443 or email retrouvailleukinfo@gmail.com

**Marriage Preparation**

Due to the pandemic marriage preparation providers have adapted and moved their courses online which gives more choice and flexibility for couples preparing to marry.

I’ve listed 3 main providers in the UK (Marriage Care, Worldwide Marriage Encounter & Smart Loving).

Marriage Care offer 2 online preparation courses.

Preparing Together Anywhere – an interactive, skills-orientated, online group course delivered over 3 webinar style sessions.

The sessions can facilitate up to 7 couples.

An overview of the course which is designed to help couples learn their relationship grows when they may encounter important issues in a constructive and loving way:

* The importance of talking and listening
* How to negotiate and solve problems
* What to expect from your relationship
* The way your family and childhood influence how you interact with each other

The link is for 2021 online courses that any couple can sign up for regardless of where they live.

<https://www.marriagecare.org.uk/pt-webcam-course-availability/>

FOCCUS – a questionnaire-based exploration of the couples relationship, provided for individual couples with a facilitator

<https://www.marriagecare.org.uk/find-a-foccus-course/>

Worldwide Marriage Encounter are also providing online marriage preparation

Their Engaged Encounter course dates are

27th Jan – 3rd Mar (every Wednesday, 6 sessions)

17th & 24th April (2 sessions)

19th & 26th June

2nd & 9th Oct

Non-residential in person weekend is provisionally planned for 11th-12th September, Leamington Spa

Booking link <https://engaged-encounter.org.uk/book-a-weekend/>

Another option for couples is Smart Loving and the link to their marriage preparation is <https://smartloving.org/uk/>