



How to better communicate with my spouse?

How to better understand and love my spouse?

How to spend meaningful time together?

WHAT THE MARRIAGE COURSE IS NOT:

- **IT IS NOT A MARRIAGE COUNSELLING**
- **IT IS NOT A GROUP COURSE**
- **IT IS NOT FOR SINGLES**

WHAT THE MARRIAGE COURSE IS:

The Marriage Course is very practical in providing any couple the tools to build and maintain a strong and healthy relationship that lasts a life-time, to enhance their married life and to help solve conflicts that are part of a couple's daily life.

It offers couples an invaluable opportunity to spend a romantic time for two for 7 weeks and share precious moments together.

The course is organized by Lisa and François Fougère and Ainhoa and Christian Martin, overseen by Eli Cookson (psychotherapist also specialized in Couples and Families).

Each Saturday late afternoon lasts about 2hrs15 and refreshments are served in a romantic, welcoming and relaxed setting (soft music and candle-lit atmosphere). Tables for two only, are placed at a safe distance from one other to safeguard intimacy.

During the screening of the week's topic and in between clips, couples privately discuss important points that can be swept under the carpet in the rush of daily life.

Privacy for the couple is always respected and protected. There is no group discussion and no requirement to disclose anything about their relationship to anyone else.

Topics covered include: recognizing each other's needs, resolving conflicts, good sex, in-laws, how to communicate....

WHO IS THE MARRIAGE COURSE FOR:

All couples of all ages, married for one year or for a life time, with great marriages or not so great ones, but with the intent to enrich and enhance what they already have: **THEIR RELATIONSHIP!**

The course runs for seven weeks, and the next edition will be at Cornerstone Church, Vallauris starting the 12th of January 2019 at 4 PM. The cost is €70 per couple for the whole course.

Please address all your questions to François Fougere by email marriage.course@cornerstone.org.