

The Utah Commission on Marriage recommends training for couples and individuals who would like to improve their relationships.

WHO SHOULD PARTICIPATE?

Engaged, newlywed or experienced couples will benefit. Discussion, led by trained leaders, will focus on factors that contribute to successful marriages.

IS MARRIAGE EDUCATION FOR COUPLES IN TROUBLE??

No. Marriage Education is not therapy, but educational classes focus on insights into more loving and growth-filled relationships. Research shows that while therapy can be extremely helpful in certain situations, much of what goes wrong in loving relationships has more to do with never having learned the skills and principles associated with successful relationships.

DOES MARRIAGE EDUCATION REALLY MAKE A DIFFERENCE?

Yes! According to a systematic review of the impact of Marriage and Relationship Programs, programs focusing on improving communication skills and relationship satisfaction produce significant improvements in both areas. (The Urban Institute, February 2005)