

TWOgether Pittsburgh

Marriage Support Programs for Spring 2008

Programs offered free of charge – babysitting and refreshments provided
Register at marriage@chup.org or call Penny Zeisloft at (412) 921-6153

Marriage Preparation

Weekend Intensive Workshop
February 29th – March 1st

The Pre-Marriage Preparation program will provide engaged couples and persons interested in marriage with a conceptual framework for a vital marriage. Participants will develop skills that contribute directly to healthy, fulfilling marital relationships.

The sessions are open to engaged couples, seriously dating couples, as well as individuals who are interested in learning the essential relationship skills for marriage. The participants will meet in a workshop setting in a weekend program, comprised of an opening event on a Friday evening followed by a Saturday workshop.

Topics include effective communication, conflict resolution, financial management skills, realistic marital expectations, integral goal setting, and genuine intimacy.

Sustaining Marriage Thru Difficulties

Every Monday Night for Eight Weeks
February 4th – March 24th
6:30 – 8:30 PM

Marriage Sustainers is the divorce reduction program that exists to provide opportunities for couples in distressed marriages, who believe there is no hope for the relationship and may be contemplating separation or divorce, with the opportunity to learn the skills that will increase the likelihood of a healthy and happy marital relationship.

The topics will range from understanding marriage expectations and the effects of the trauma of divorce (the unanticipated costs associated with divorce) to an examination of various marital issues, including communication, conflict resolution, finance, and sexual concerns. Each session will provide opportunity for each marriage partner to reflect upon their presuppositions and those of their spouse as they relate to the issues encountered in marriage. Certain couples requiring specialized attention or help will be paired with a professional Marriage Coach or Counselor to help them address specific issues in a therapeutic setting that will offer the privacy that is often required to address certain matters.

Marriage Enrichment/Parenting

Every Friday Night for Seven Weeks (Excluding Good Friday)
March 7th – April 25th
6:00 – 8:00 PM

This program provides support for married parents who desire to grow in their unity as parents and are looking for some additional ways to approach the task of parenting as a team. TWOgether Pittsburgh promotes the concept of team parenting as a way to effectively promote healthy marriages and families.

Topics range from maintaining self-care to discipline. Couples will be guided through ways of approaching sensitive issues and topics of potential conflict, as well as practicing praise and building self-worth in children. Couples will leave with the tools to function as an effective team to build a healthy family.