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National Healthy Marriage Resource Center
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Marriage Education

# List of Programs and Curricula

**Please Note:**

This list of marriage education programs and service providers represents a variety of programs and approaches but does not include all available options. If the program you are looking for is not included on this list, you may be able to find more information by using the search engine of your choice. **The National Healthy Marriage Resource Center and the U.S. Department of Health and Human Services do not promote or endorse any of these programs or any service providers to which a person is referred.** The opinions presented by the resources on this list or the service providers to which any person is referred do not reflect or represent the opinions of the National Healthy Marriage Resource Center, the U.S. Department of Health and Human Services, or their partner institutions.

***The following list is under continual development. Programs will continue to be added as this Web site develops.***

Follow the link for any of the programs in this list to read more detailed information about a program, including testimonials from participants.

**10 Great Dates (Marriage Alive)**

- 10-session, easy-to-lead, skilled-based marriage education program in which couples watch a short video on a marriage topic, then go out on a date to discuss that topic and how it relates to their own marriage.
- 10 Great Dates program for African American couples is also available.
- Facilitators can be family life educators, lay couples, clergy, or individuals. No training is required to become a facilitator.

**Achieving God's Design for Marriage**

- Faith-based, 12-session series incorporating skills-based education with Biblical direction.
- Topics include communication, anger, fighting fair, decision making, and commitment.
- Training for leaders is available on how to facilitate the curriculum and how to establish a long-term marriage enrichment program.

**ACME: Building Better Marriages**

- Teaches effective communication and problem solving, helps couples increase awareness of self and partner in addition to identifying areas for relationship growth.
- Presented in various formats, including one-day and multi-day sessions and self-guided activities.
- Facilitators are married couples who are trained through a 4.5 day certification program.

**Active Relationships**

- Teaches practical relationship skills including effective communication and conflict resolution, money management, sustaining romance, and developing family traditions.
- Program targets various populations including youth, couples, military families, and singles. Materials available in Spanish for Latino families.
- Facilitators become certified by attending a 16-hour training workshop or by watching training videos. Spanish-speaking trainers are available.

**African American Marriage Enrichment Program**

- Helps African American couples establish intimate and satisfying marriages by enhancing their knowledge and skills.
- Focuses on empowering working and middle class families and preventing them from slipping into poverty.
- Offers a marriage commitment and/or re-commitment ceremony during the final class.

**Art of Loving Well: A Character Education**

- Literature-based character education program designed for schools (grades 7-12), community organizations, or for use at home.
- Focuses on peer pressure, self-destructive behaviors, adolescent pregnancy, AIDS and other diseases, and on learning responsible sexual and social values and relationship skills. g
- Facilitators can be schoolteachers, parents, or community facilitators.

**Aspire/Excel**

- Aspire is a public school abstinence and marriage education curriculum and Excel is a faith-based abstinence and marriage education curriculum designed for use in churches, youth groups, and Christian schools.
- Aspire and Excel present a positive case for the benefits of abstinence until marriage and help teens understand the importance of planning ahead for a future healthy marriage.
- Aspire and Excel curriculum workbooks are interactive and regularly updated as new data and statistics become available. Excel encourages and facilitates parental participation.

**Basic Training: A Black Marriage Education Curriculum**

- Designed specifically to address the marriage education needs of the Black community.
- In workbook and video-based presentations, couples learn the benefits of marriage, gain knowledge of and practice effective communication and conflict management skills, and increase their ability to deepen their commitment.
- The curriculum has 8 sessions of workbook exercises and homework.

**Before "I Do": Preparing for the Full Marriage Experience**

- Before "I Do" is a Christian-based pre-marriage education resource that can be used by religious leaders, pre-marital educators, and counselors.
- Couples attend 8 sessions with a pre-marriage educator or religious leader where they have a chance to discuss with each other and the educator what they are learning about themselves and their relationship.
- Pre-marital educators use the program resource to teach religious principles about marriage, practical marriage skills, and to explore issues such as money management, future goals, and sexuality.

**Building Relationships: Developing Skills for Life**

- Emphasizes youth communication and conflict resolution skills.
- Focuses on financial decisions, sexuality, and family roles.
- Designed for teachers' use in classroom settings.

**Caring Couples Network (CCN)**

- Provides peer support to participating couples in multi-day sessions.
- Uses clergy or married couples to serve as marriage mentors to other married couples.
- Offered as a service of the United Methodist Church.

**Children in the Middle**

- Children in the Middle, is a non-profit corporation that promote effective education programs for parents and children.
- Their goals are geared towards protecting children from exposure to conflicts during a divorce or separation.
- The focus is on educating the general public about the emotional and social effects of divorce and ways of minimizing the harmful effects.

**Choosing the Best**

- Teaches young people how to build positive character and avoid negative peer pressure; teaches sexual abstinence.
- Offers age-specific student programs through varying venues.
- Facilitated by teachers and involves parents through at-home activities.

**Connections**

- A non-religious, non-sexual content program created for schools and youth organizations.
- Teaches teens appropriate dating, relationship, and marriage skills.
- Facilitators use instructor manual, student manuals, visual materials, activity and game cards, and handouts during the sessions.

**Couple Communication I and II**

- Helps partners learn how to resolve conflict by teaching skills for talking and listening.
- Facilitators are teachers who are trained through a 2-day certification program.
- Presented in couple or group settings, ranging from private 50-minute sessions to four, 2-hour sessions.

**Designing Dynamic Stepfamilies**

- This program, which teaches relationship skills, is designed for those in stepfamilies, individuals considering remarriage, divorced people with children, and marriage education professionals.
- Eight-part VHS/DVD series teaches communication skills, money management strategies, stepparenting discipline approaches, and how to create meaningful stepfamily bonds as a couple and with stepchildren. Videos come with a study guide, which is available in secular and Christian versions.
- Couples can use the videos and study guide on their own or together with other couples in a workshop, conference, or small group setting sponsored by a community organization or church.

**Discover the Love Of Your Life All Over Again**

- An 8-week faith-based program that can be used in all types of churches from large to small, urban and rural and in varying denominations.
- Facilitators include clergy or local church volunteers.
- Available in ten languages.

**Divorce Busting**

- Takes couples through the process of identifying goals for their relationship and establishing an action plan to achieve those goals.
- Focuses on providing knowledge and skills necessary for couples to restore their marriage and solve their problems.
- Group leaders include members of the community, religious leaders, professional therapists, or others interested in strengthening marriages and families.

**Family Dynamics**

- A non-profit marriage and family ministry that focuses on serving emotional, physical, and spiritual needs of couples to strengthen and preserve marriage.
- Focuses on helping churches and organizations using psycho-educational methods (i.e., teaching, mentoring and facilitating processes).
- Facilitators are trained during 3-day seminars that are held twice a month.

**Family Wellness**

- Teaches communication and problem-solving skills, values, and money management for couples and families in a multi-day workshop.
- Provides additional content for specialized circumstances, including stepfamilies, parent and in-laws, domestic violence, parenting, military deployment and incarceration.
- Facilitators include school personnel, teachers, ministers, mental health and employee assistance workers who are certified through a 40-hour training course. Advanced certification also is available.

**First Dance**

- A DVD designed to help engaged couples navigate the interpersonal stresses and dynamics of wedding planning. Information is also directed toward parents.
- Teaches couples and parents about working as a team in planning the wedding, negotiating differences with parents and adult children, dealing with difficult people, and staying focused on their values during the process of planning the wedding.
- Engaged couples can purchase the Couple DVD to watch and discuss on their own or they can participate in a small group workshop with other engaged couples led by a marriage educator.

**For Better & For Ever**

- For Better & For Ever is a marriage preparation program for Catholic and Protestant couples.
- The program brings together religious leaders, sponsor couples from a congregation, and engaged couples. Religious leaders oversee the program in their congregation, and sponsor couples meet with engaged couples to discuss and teach healthy marriage practices from the For Better & For Ever resource book.
- Training materials for religious leaders and sponsor couples are available.

**Fortified Marriages**

- Fortified Marriages is a non-profit, faith-based organization that developed a marriage enrichment manual to be used under the direction of a facilitator in various settings or by couples on their own.
- The manual contains 52 sections with study questions, inventories, and questionnaires to promote communication between marriage partners.
- Based on Biblical principles, couples learn to carry out effective communication skills and relationship tools to improve their marriage.

**How To Avoid Marrying A Jerk(ette) / P.I.C.K. A Partner**

- Geared towards dating relationships and partner-selection education.
- Teaches skills for thinking about romantic relationships, particularly about the importance of the connection between knowing a potential partner and how much you trust, rely on, or commit to that person.
- Can be used in a variety of settings, including youth and student groups, military, social agencies and churches.

**Loving Couples Loving Children**

- Utilizes scientific knowledge, community building techniques and cultural sensitivity to provide weekly workshops that are focused on building strong and successful marriages, families and relationships.
- The facilitation of the workshops is conducted through the use of information sharing, fun and engaging exercises.
- Many organizations across the country have participated in the Loving Couples Loving Children program such as Healthy Families, Father Involvement, Domestic Violence Prevention, Child Abuse and others.

**LOVE U2**

- Non-religious and non-sexual content programs designed for schools and youth organizations.
- Emphasizes on teen relationships, building relationships, and issues such as attraction, infatuation and rejection, falling in love, dating, and breaking up.
- Facilitators are provided with a kit that includes all materials necessary to conduct the program.

**MArriage and PArenting Program ("MA&PA")**

- The focus is on the couple relationship in the context of parenting.
- Couples improve on topics such as self-nurturing, communication, conflict-resolution, and parent-child relationships.
- The ten-week program is facilitated by a male and female team and is offered across the country at parenting centers, schools, Healthy Families, Prevent Child Abuse, and others.

**Marriage Course/Marriage Preparation Course**

- The Marriage Course and The Marriage Preparation Course provide group presentations in a relaxed and romantic environment where a couple can spend time together, watch a marriage education video or a live talk, and then privately discuss how topics from the video or talk can be applied to their own marriage.
- Over a series of evenings, couples learn effective communication and conflict resolution skills, the importance of forgiveness and commitment, ways to love and appreciate each other's differences, and the importance of discussing goals and values.
- Programs are based on Christian principles but have been used in non-Christian settings.

**Marriage Enrichment, Inc.**

- Provides mutual support to help married couples improve communication and recognize or discover the strengths in their marriage.
- Weekend retreat format.
- Facilitator teams are trained married couples.

**Marriage Enrichment Weekend Program**

- Weekend seminars or retreats for engaged or married couples.
- Focuses on faith as an integral part of the process.
- Facilitated by leaders who work closely with local clergy.

**Marriage LINKS**

- Marriage LINKS teaches couples how to keep their marriage alive through pursuing intimacy, cultivating trust, meeting needs, being committed, and romantically renewing their union.
- Couples learn skills for communication, conflict resolution, forgiveness and rebuilding trust, satisfying personal needs, developing commitment, and enhancing physical intimacy.
- Comprised of five sessions, each lasting 45 to 60 minutes. Program can be taught in a variety of settings, including churches, community agencies, and the military.

**Marriage Matters Video Series**

- Faith-based, 8-session video series incorporating material from the full 13-session Marriage Matters Seminar. Facilitator workbook provides structure for a 24-session course.
- Explores complex issues and emotions surrounding marriage with research-based psychological advice and biblical direction.
- Topics in the series include infidelity, unrealistic expectations, communication skills, relationship change, and a biblical model of marriage.

**Marriage Mentoring: 12 Conversations**

- Designed to foster the growth of healthy marriages by allowing an experienced married couple to mentor a less experienced couple.
- The two couples discuss a series of topics. The mentor couple shares stories and experiences from their own marriage about the topic.
- The two couples meet in a relaxed setting once a month for 12 months. One conversation topic from the program's curriculum is discussed each month during the visit.

**Married and Loving It!**

- Ten-session curriculum designed to teach couples practical knowledge and skills for building, establishing, and strengthening a healthy marriage.
- Curriculum includes such topics as communication, finances, sources of anger, conflict resolution, and commitment.
- Couples attend a 2-hour class one night a week for 5 weeks. In class, couples have an opportunity to interact with other, fellow participants, and the instructor.

**Nurturing Father's Program**

- A 13-week program to help fathers develop attitudes and skills for male nurturance.
- Teaches teamwork, communication, and conflict resolution skills in group sessions.
- Topics covered are: The Roots of Fathering, Fathering of Sons and Daughters, Discipline, Playing with Children, Teamwork with Spouse/Partner, Balancing Work and Fathering, Cultural Influences, and Dealing with Feelings.

**PAIRS (Practical Application of Intimate Relationship Skills)**

- Teaches communication strategies, such as confiding, effective complaining, problem solving, and fighting fairly as a way to build better relationships.
- Presented in short, 1-day sessions or up to semester-long courses, and can be adapted for special courses and groups.
- Usually taught by licensed professionals or others who have been certified as PAIRS teachers.

**PAIRS FOR PEERS**

- PAIRS FOR PEERS offers age appropriate educational programs for youths.
- Their interactive programs are offered in the classroom and in small group settings.
- The youths are taught skills to enhance their communication, build empathy, appreciate others, respect differences, and build self-awareness.

**Partners for Students**

- Designed for a school or youth organization program.
- Teaches communication skills, how to manage relationship stress, and mate selection.
- Includes a 10-week written curriculum and audiovisual accompaniment.

**Power of Two**

- Curriculum teaches communication and conflict resolution skills. In the workbook, brief explanations of each skill are followed by practice exercises and discussion.
- Couples can attend workshop sessions taught by a marriage educator or they can go through the curriculum workbook on their own.
- A Marriage Educator's Resource Kit is available for those who lead workshop sessions.

**PREP (Prevention and Relationship Enhancement Program)**

- Teaches specific techniques and practice of constructive communication and conflict resolution skills; helps couples clarify beliefs and expectations about relationships.
- Taught by facilitators who have been trained through an 18-hour course presented over 3 days.
- Presented in various formats, including workshops, weekend workshops, weekly sessions, one-day workshops and self-guided materials such as video, audio, and books.

**PREPARE/ENRICH**

- Offers several relationship inventories that assist couples in exploring relationship strengths and areas for growth, assertiveness, conflict resolution; developing personal, couple, and family goals; and discussing budgeting and financial planning.
- Participants complete 5 inventories then complete 4-6 feedback sessions involving facilitated discussion based on inventory results. Inventories created for a diverse array of couples, from pre-marital couples to well-established couples over 50.
- Taught by trained facilitators.

**Reconciling God's Way**

- Faith-based curriculum offering a variety of program strategies that churches can use to help couples reconcile their differences.
- Program strategies include using a support partner who mentors one of the spouses, teaching a class to a group of couples, and training leaders and support partners to help couples.
- The program provides written curriculum resources for mentors, class leaders, clergy, and participant couples.

**Relationship Enhancement**

- Teaches effective communication strategies to assist in discussing difficult issues, reducing unwanted behaviors, and eliciting desired behaviors over time.
- Taught by trained facilitators or therapists.
- Offered in single 50-minute sessions, 1-4 hours or 1-2 day blocks.

**Retrouvaille**

- Weekend program with follow-up sessions for couples, focusing on communication techniques for husband and wife.
- Program directed towards couples who are struggling with disillusionment or lack of meaningful communication as well as those who have experienced significant negative events, such as infidelity, alcoholism, separation or violence.
- Taught by team couples and a Catholic priest, or a Christian pastor.

**Smart Steps for Stepfamilies**

- Research-based, 12 hour educational program designed for remarried couples, individuals about to enter a second marriage, and their children.
- Focuses on building couple and family strengths and includes presentations, hands-on exercises, group discussions, and multimedia demonstrations.
- Topics taught by knowledgeable and trained facilitators include understanding stepfamily development, defining roles and rules, stepparenting strategies, and navigating healthy co-parenting relationships.

**Successful Stepfamilies**

- Successful Stepfamilies is a faith-based organization that offers a variety of resources in a "Building Your Ministry" Resource Pack to help couples and churches with stepfamily challenges.
- The program is designed for church leaders to help those who are remarried, in stepfamilies, or considering remarriage.
- The Smart Stepfamily book, one of the program's main elements, focuses on seven key concepts to help couples and families develop healthy relationships.

**Third Option**

- An ongoing group program of 14 mini-workshops covering 14 topics that teach practical skills through skits, games and other educational activities. After the 14th workshop, the topics start over with the 1st workshop.
- Participants may join any time in the cycle of workshops and stay as long as needed.
- Offered in churches and other organizations; Christian and secular versions are available.

**Worldwide Marriage Encounter**

- Assists couples to begin a process of self-discovery and mutual communication and acceptance, with an emphasis on God as a focus for marriage success.
- Facilitated by volunteer couples in coordination with Clergy. Facilitators must have attended a Marriage Encounter weekend and received training.
- Presented in a weekend retreat format with 10-25 couples; not recommended for couples with severe difficulties.