

Premarital Counseling Services



At Cana Counseling at Catholic Charities our mission is to *encourage, prepare, strengthen,* and *preserve* marriage and families. We see it as our privilege and responsibility to participate in the preparation of couples for marriage.

Our premarital counseling program:

- Utilizes the Online **Prepare and Enrich Inventory**
- Includes **one-on-one counseling sessions** to review the results of the inventory and assess and strengthen the couple's readiness for marriage.
- Incorporates **productive activities and exercises** such as writing a marriage mission statement, recognizing red flags in communication, defining marriage expectations, assessing viewpoints on money and financial goal setting, practicing assertiveness and conflict resolution skills, and assessing key points for raising children together.
- Includes **referral for follow up services**, such as NFP, financial budgeting and planning, communication and parenting classes, and marriage enrichment.
- Provides **a final written and verbal report to the referring priest/pastor**, if desired.
- Can sensitively address issues such as religious differences, cohabitation, previous marriages, stepfamily formation, blending cultures, premarital sex, relationship roles and expectations, mental health concerns, and financial burdens brought into the marriage by one/both partners.

Cost: \$50 per session, plus \$35 for the Prepare and Enrich Inventory

To Refer: Call Cana Counseling at 316-263-6941 or 1-866-839-4327

To Register for Premarital Counseling, the couple will need to provide the following information:

- Demographics, contact information, email addressed
- Date of wedding
- Referring priest/pastor and marrying priest/pastor

This Service is Provided By: Licensed mental health clinicians, certified with Prepare and Enrich, with several years' experience in marriage education and preparation and advanced training in couple and marital relationships.