

# **Now is the time for your Relationship Checkup!**

The Marriage Checkup program provides brief, focused, and personalized feedback on the health of your relationship by a trained relationship health professional.

It is completely up to you to decide what, if anything, to do with the feedback received.

Keeping tabs on the health of your marriage will help keep you healthier in the long run. The best thing you can do for your marriage is to start adopting good health habits now. **ALL** couples have both strong points & areas where they can use some help. The Marriage Checkup will help you discover how to make your marriage flourish!

## **STEP 1: Sign up for a Relationship Checkup**

- Enroll through the church by contacting Pastor Bruce (780-929-6444 or [bruce@beaumontcommunitychurch.ca](mailto:bruce@beaumontcommunitychurch.ca)).
- OR**
- Contact Kells Counselling directly (780-430-7752), letting them know that you're doing this checkup through BCC.

## **STEP 2: Complete Your Questionnaires**

- Complete the [Prepare & Enrich](#) program online
  - The church receives the results & forwards them in a sealed envelope to Kells Counselling
- OR**
- Paper & Pencil Questionnaires
    - NICASTRO RELATIONSHIP CHECKUP
    - 12 Marital Health Questions
  - Submit in a sealed envelope directly to Kells.

## **STEP 3: Book in for your Initial Couple Session**

- Marital Coach Reviews pre-submitted information & questionnaires.
- Marital Coach meets with couple for first session & gathers further information.

## **STEP 4: Book in for your Final Couple Session**

- Marital Coach reviews the results of your ANNUAL RELATIONSHIP CHECK UP.
- Recommendations & made for your next year of healthy relationship growth.
- Recommendations are made to address areas of developing unwellness.

Plan ahead for next year! Put into action what you have learned. Maybe work with the pastors to strengthen your marriage...or take in a marriage enrichment workshop. Better yet, commit to following your newly developed relationship prescription!