

make your MARRIAGE unbreakable

Want a strong and vibrant marriage?

PREPARE/ENRICH is an educational and interactive small-group experience tailored to your unique partnership. Learn important skills to deepen your connection before marriage. You will:

- *Learn research-based skills for building a healthy relationship*
- *Practice these skills with your partner during each session*
- *Learn from and share experiences with other couples*

Ready to join? Call or email a facilitator to register today!



Sage Robins
Marriage and Family
Therapy Clinical Intern

(206) 565-0670
sage@steffencounselingservices.com



Alefiya Delhiwala
Marriage and Family
Therapy Clinical Intern
(425) 979-9227
alefiya@steffencounselingservices.com

Spots are limited to 4 couples, WA state residents only

Registration Deadline: July 1st



FAQs:

Q: Do I have to bring anything?

A: We recommend an optional \$30 couple's assessment to help you prepare. It offers customized insight for each couple. Email to learn more!

Q: How much will this cost?

A: All 4 sessions will cost \$400 total, per couple.

Q: Do you take insurance?

A: We do not take insurance for group sessions.

Q: Do I have to attend all 4 weeks?

A: We recommend attending all sessions to get the most out of the group. If these dates don't work for you, email one of the facilitators to join the next round!



About your Facilitators:

Sage Robins

Email: sage@steffencounselingservices.com

Sage is a Marriage and Family Therapy intern from Seattle Pacific University and a certified Prepare/Enrich facilitator. She is passionate about helping couples strengthen communication, deepen connection, and build healthy, lasting relationships.

Alefi Delhiwala

Email: alefia@steffencounselingservices.com

Alefi is a Marriage and Family Therapy intern from Seattle Pacific University and trained in EMDR. She is passionate about helping couples strengthen and nurture meaningful relationships to build a happier and healthier future.



Participants:

We welcome couples who are:

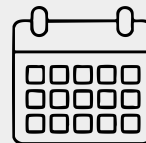
Preparing for Marriage:

- Want to feel more prepared
- Hoping to prevent future issues

Already Married:

- Wanting to strengthen communication and build a better foundation

All couples welcome—LGBTQ+, interracial, intercultural, interfaith, and non-religious



Meeting Schedule

We will be meeting for 2 hours WEEKLY through the month of July on the following dates:

- **July 7 from 6-8 pm PST**
- **July 14 from 6-8 pm PST**
- **July 21 from 6-8 pm PST**
- **July 28 from 6-8 pm PST**

All group meetings will be VIRTUAL - we will email you a meeting link each week.