

WE C.A.R.E. Seminar Teaches:

- *How to communicate what you want out of your relationship.
- *How to resolve conflict effectively and reduce arguments.
- *How to solve problems as a team.
- *How to keep friendship and intimacy a part of your relationship.
- *How to develop skills to enhance understanding and maintain commitment.

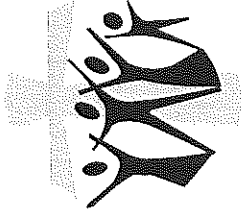
What Are Past Participants Saying?

"Facilitators were very good they know the material in their hearts and that was reflected in their class"

"Speaker/listener technique helped me see the importance of really listening"

"I feel this was a wonderful class and is definitely worth taking"

"Everything was very helpful. If not now, later"



CHRISTIAN COMMUNICATION AND RELATIONSHIP ENHANCEMENT

Based on highly acclaimed Prevention and Relationship Enhancement Program (PREP), this program is designed to teach couples communication skills and techniques for handling conflict and promoting intimacy with the aim of preventing future problems and divorce.

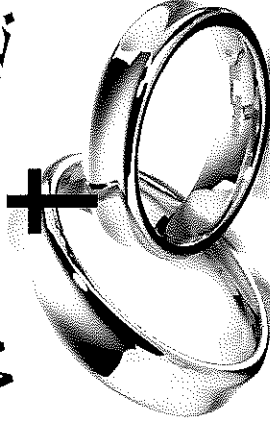
This program emphasizes constructive arguing techniques that allow couples to adjust their communication styles and achieve more positive and intimate communication, in a Christian setting.

Other key topics include:

- Values
- Beliefs
- Expectations
- Commitment



WE C.A.R.E.



Communication and Relationship Enhancement Program

MARRIAGE PREPARATION

Sponsored by:

Diocese of Lansing's Family Ministry
St. Vincent Catholic Charities

www.stvcc.org
(517)323-4734
ext. 1713

2016 LANSING WE C.A.R.E. SCHEDULE

FACILITATOR	2016 DATES	TIME	LOCATION
Jessica Gallegos	Saturday Jan. 16 & 23	9 am-12 noon	Cristo Rey Parish-Guadalupe Hall 201 W. Miller Rd, 48911
Jane Morris	Saturday Feb. 6 & 13	9 am-12 am	Resurrection Catholic Church- Rectory Basement Corner of Michigan Ave. and Rumsey
Jane Morris	Saturday Apr. 9 & 16	10 am-1 pm	St. Gerard Parish- Adult Faith Room 4437 W. Willow St., Lansing
Jessica Gallegos	Saturday May 14 and 21	9am -12 noon	Cristo Rey Parish-Guadalupe Hall 201 W. Miller Rd, 48911
Jessica Gallegos	Saturday Jun. 18 and 25	9 am-12 noon	Cristo Rey Parish-Guadalupe Hall 201 W. Miller Rd, 48911
Jane Morris	Saturday Jul. 9 & 16	9 am-12 noon	Resurrection Catholic Church- Rectory Basement Corner of Michigan Ave. and Rumsey
Jane Morris	Saturday Aug. 20 & 27	9 am-12 noon	Resurrection Catholic Church- Rectory Basement Corner of Michigan Ave. and Rumsey
Jessica Gallegos	Saturday Sep. 17 & 24	9 am-12 noon	Cristo Rey Parish-Guadalupe Hall 201 W. Miller Rd, 48911
Jane Morris	Saturday Nov. 5 & 12	9 am-12 noon	Resurrection Catholic Church- Rectory Basement Corner of Michigan Ave. and Rumsey

NOTE: If the Lansing School system has closed due to a local or national emergency, the scheduled WE C.A.R.E. seminar will be canceled and rescheduled.

Please send your registration form and payment to:

St. Vincent Catholic Charities

Attn: We Care Coordinator

2800 W. Willow

Lansing, MI 48917

We CARE Class Registration Form

*** PLEASE PRINT ***

Date of Class: _____

Class Location: _____

2nd Choice _____

BRIDE _____

GROOM _____

Address _____

Address _____

Email _____

Email _____

Phone – Day Time _____

Phone – Day Time _____

Occupation/Field of Study _____

Occupation/Field of Study _____

Parish _____

Parish _____

Length of time in Relationship _____

Wedding Date _____

A certificate of participation and completion will be given to each couple.

Please send your registration form and \$75.00 fee (checks made payable to St. Vincent Catholic Charities) to:

St. Vincent Catholic Charities
Attn: WE CARE Coordinator
2800 W. Willow
Lansing, MI 48917

Deadline for registration: Class size is limited. Registration is recommended 4 to 6 weeks prior to the date of the class you plan on attending. If desired, you may call St. Vincent Catholic Charities at 323-4734 x1713 for class eligibility.

NOTE: If the City of Lansing has closed due to a local or National emergency, the scheduled WE CARE Seminar will be cancelled and rescheduled.