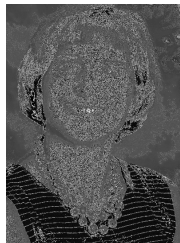
 *Equipping couples to
create, nurture, and
maintain healthy marriages.*



Nancy Sayer, MS, LCPC

Nancy is a Licensed Clinical Professional Counselor and a National Certified Counselor. She holds a Masters of Science in Education in Counseling and Guidance from Indiana University. She is a member of the American Counseling

Association, the American Mental Health Counselors Association, and the American Christian Counselors Association. She has a broad background specializing in the area of Relationship Counseling and has done extensive work with couples around communication, conflict resolution, and parenting issues. She also does premarital counseling and is trained in the PREPARE/Enrich Program. She has extensive experience running retreats, workshops, and programs focusing on women's spiritual growth, premarital preparation, marriage enrichment, teambuilding and parenting issues.

**Jane Ward Carlton, M.Div,
MSMFT**



Jane holds a Master of Science in Marital and Family Therapy from Northwestern University and completed her clinical training at The Family Institute in Evanston, IL. She holds a Masters in

Divinity from Princeton Theological Seminary and is an ordained pastor in the Presbyterian Church (U.S.A.). Jane is a member of the American Association for Marriage and Family Therapy and is trained in premarital counseling utilizing the Prepare/Enrich Program. Jane has experience working with individuals, couples and families on a broad range of issues. Jane also works with Stephen Ministries in the church and has extensive experience leading classes and workshops.

Samaritan Interfaith Counseling Center is a non-profit, faith-based organization providing individual, group, marital and family counseling and psychotherapy. Samaritan Interfaith provides counseling services for all ages including children, adolescents and adults.

Samaritan Interfaith's counselors are highly qualified and include ordained ministers, licensed clinical psychologists, licensed clinical social workers and licensed clinical professional counselors.

Samaritan Interfaith offers a unique approach to counseling — faith-based counseling, an all-encompassing approach to emotional wellness. Our goal, however, is to help people in need, regardless of their religious beliefs.

Samaritan Interfaith also offers educational programs on a wide variety of topics to community groups, schools, congregations, and clergy.

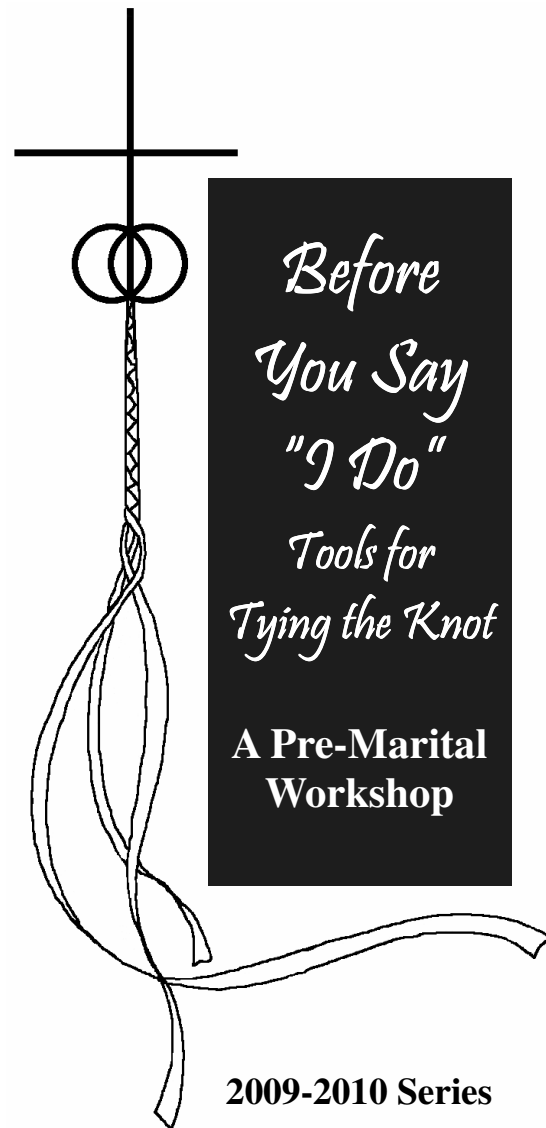


Samaritan Interfaith

A place for healing and hope

1819 Bay Scott Circle, Suite 109
Naperville, IL 60540

For more information or to register, call
Nancy Sayer at (630) 357-2456 x-28 or
Jane Carlton at (630) 357-2456 x-24.



*Before
You Say
"I Do"
Tools for
Tying the Knot*

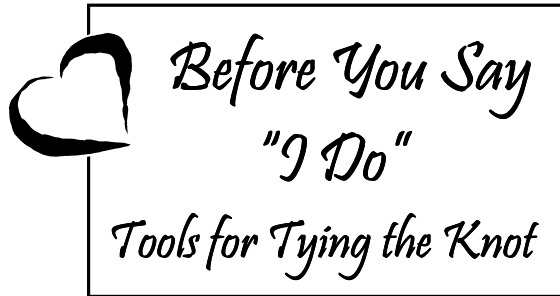
**A Pre-Marital
Workshop**

2009-2010 Series



Samaritan Interfaith

A place for healing and hope



Before You Say "I Do" Tools for Tying the Knot

Before any project is started, it is essential that the proper tools be assembled. For without them, the task may never be completed. Building a marriage is no different. Having the proper tools for building a strong, healthy relationship foundation is essential to the success of a marriage.

Research indicates that couples who attend premarital preparation classes experience a higher degree of positive effect in their relationship with each other. This is due to the fact that these classes equip couples with tools which enable them to communicate and deal with conflict more effectively.

Before You Say 'I Do' is comprised of three essential components:

1. Take the PREPARE Premarital Inventory
2. Attend the Before You Say 'I Do' premarital workshop
3. Meet with trained mentor couples from the couple's church or with the pastor or a professional counselor to process the results of the PREPARE Inventory.

Prepare

PREPARE is a premarital inventory that is designed to make couples more aware of their strength and growth areas. It is most desirable for couples to take the inventory at least three (3) weeks prior to the workshop. Appointments can be made through Samaritan Interfaith by calling:

Nancy Sayer at (630) 357-2456 x-28 or
Jane Carlton at (630) 357-2456 x-24.

Before You Say "I Do" Workshop

This workshop is designed to equip couples with the essential tools needed to begin building a strong foundation for a healthy relationship. Six areas are covered in the workshop through large and small group discussion, practical exercises, and private couple sharing. These areas include:

Values and Expectations: Couples will explore their personal values and expectations and create a set of shared values for the marriage.

Communication: Exercises that teach effective communication skills will be presented and couples will have the opportunity to practice these skills.

Conflict Resolution: Couples will learn new ways of "mapping out" conflict as a way to achieve a deeper understanding of the issues.

Finances: Financial basics will be covered with an emphasis on creating a budget, setting financial goals, and exploring personal orientations toward money.

Intimacy: Couples will explore the area of relational intimacy and learn ways to enhance this important aspect of their marriage,

Spiritual Intimacy: "...A cord of three strands is not quickly broken" (Ecc. 4:12). Discussions will be led focusing on the importance of a spiritual dimension to the marital relationship.

At the workshop, each couple will meet the mentor couple from their church who they will be working with to process the PREPARE inventory. These mentors are trained couples who are in happy, healthy, strong marriages. They are committed not only to their own marriage, but also to the success of others' marriages.

Each mentor couple will arrange 2-3 meetings prior to the wedding to go over the results of the engaged couple's inventory. These meetings are private and confidential. If no mentor couple is available from the couple's church, the pastor or a professional counselor will meet with the couple to process the PREPARE inventory.

Workshop Dates: Workshops are scheduled on Saturdays, several times per year. The best time to attend is at least 3 months prior to the wedding date.

Scheduled Dates:

October 10, 2009 - Our Saviour's Lutheran Church

February 27, 2010 - Community United Methodist Church

April 24, 2010 - Our Saviour's Lutheran Church

May 22, 2010 - Community United Methodist Church

June 26, 2010 - Our Saviour's Lutheran Church

Workshop Time:

The workshop begins at 8:30 am and ends at 4:00 pm. Lunch is provided.

Program Fee:

The cost for the workshop is \$160 and includes materials, lunch, PREPARE inventory scoring and instructor fees. Couples may review the results of their Prepare Inventory with Nancy Sayer or Jane Carlton following the workshop for an additional \$90 (one 2-hour session). Please consult Samaritan Interfaith if cost is prohibitive. Should you need to cancel, refunds can be honored for the workshop portion only (\$115), and not the PREPARE materials.

