



Led by:
Michelle Joy, MFT
MarriagePrep101.com
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Marriage Prep 101 Workshop

For Engaged, Newlywed, and Seriously Dating Couples

Marriage Prep 101 Workshops are designed to prepare couples for a lifelong relationship by building on their strengths, addressing challenges and teaching essential relationship insights and skills in a way that is inspiring, helpful, positive and fun.

Our workshops are based on the latest scientific research that has identified what makes marriages succeed and fail, as well as Michelle's 20+ years of experience specializing in helping couples. By teaching couples how to communicate better, resolve conflicts, avoid unhealthy relationship patterns, and build intimacy and resiliency, couples can create a relationship that will safeguard them against the inevitable strains of modern family life.



Marriage Prep 101 is not affiliated with any religious organization, and couples of all faiths, backgrounds & sexual orientations are welcome to participate!

When: Check website for Group Workshop, and the 1:1 Workshop can be scheduled anytime you like

Where: Online, over Zoom

Format: Group or Private 1:1

Cost: \$500 per couple for group, or \$997 for private (includes admission for 2, welcome packet, two workbooks, coaching as requested)

Register Online: MarriagePrep101.com

Questions: Info@MarriagePrep101.com or 650-485-1504 (call or text)

About the instructor:

Michelle Joy, MFT, owner and instructor of Marriage Prep 101 Workshops, has specialized in helping couples for 20 years, leads Communication Workshops for couples, sees individuals and couples in her private practice and trains therapists locally and nationally.

About Privacy: At our Marriage Prep 101 Workshops, couples are never put on the spot or asked to share or participate when in the group setting. They will learn new exercises to practice together, and those are done just between them in private.

Kind words from a recent attendee: *"We attended a Marriage Prep 101 Workshop based on reviews and our friends recommendations. It was stellar! We wanted to learn tools to be successful in our relationship and anything else we should be made aware of going into marriage, and we got that along with a clear blueprint about who we each are more deeply and how to better support each other. I can't recommend this workshop enough to all couples."* ~Amara W.