

# Prevention and Relationship Education Programme (PREP)

PREP is an evidence-based programme first developed in the United States at the University of Denver. It teaches soon-to-wed and newly-wed couples communication and conflict-resolution skills, to build a strong marital foundation and attain higher relationship satisfaction.

According to overseas studies done previously, couples reported more positive interaction consistently, up to 5 years after completion of the programme.

Locally, our own preliminary studies show that couples who have attended marriage preparation programme do better in areas of communication, relationship quality, emotional bonding and marital adjustment. Specifically, newly-wed couples who attended PREP showed 10% improvement in communication skills scores within a year of attending PREP.

## Programme Details

### PREP WORKSHOP

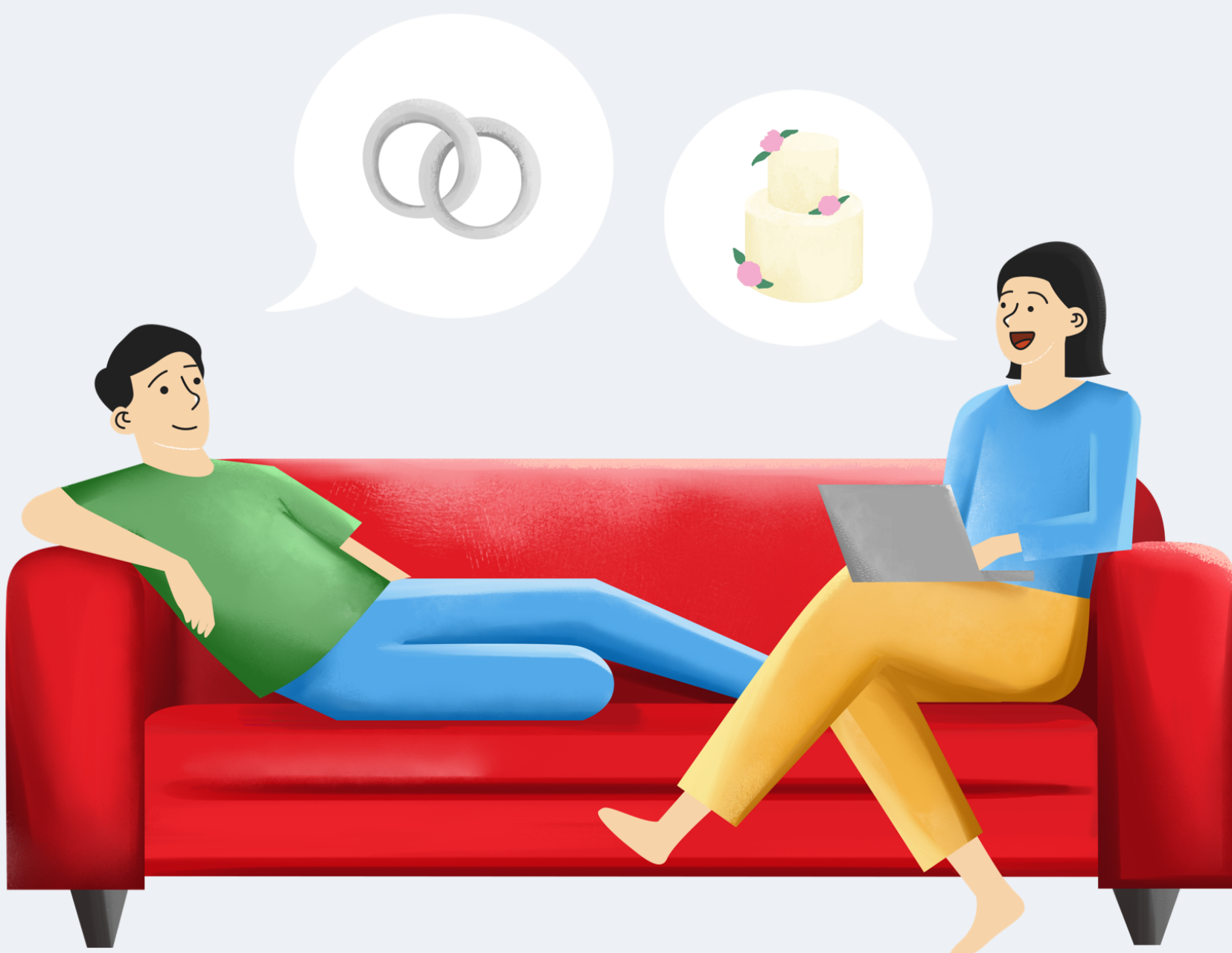
Our PREP workshop employs cognitive behavioural techniques to help with expectation management, supportive listening and speaking, problem-solving, as well as the maintenance of fun, friendship and sensuality in the relationship.

Couples will receive a **\$140 rebate** upon completion to offset the total cost.



### WHO IS IT FOR?

- Soon-to-wed couples
- Newly-wed couples within two years of marriage



For more details on PREP, please visit <https://go.gov.sg/msf-prep> or scan the QR code:





# Prevention and Relationship Education Programme (PREP)

List of Social Service Agencies that provides Prevention and Relationship Education Programme (PREP):

Social Service Agency	Cost* & Contact Details	Core Modules
Careworks Community Services	Cost: \$400 Tel: 6293 4394 Email: <a href="mailto:ccs@cplink.org.sg">ccs@cplink.org.sg</a> Website: <a href="http://www.careworks.sg">http://www.careworks.sg</a> Address: 110 Race Course Road, S218578	<ul style="list-style-type: none"><li>• Communication and conflict management</li><li>• Roles and responsibilities</li><li>• Goal-setting and marriage visioning</li><li>• Trust and commitment</li><li>• Marital expectations</li></ul>
Cornerstone Community Services	Cost: \$350 Tel: 6344 8063 Email: <a href="mailto:familylife@cornerstoneservices.org.sg">familylife@cornerstoneservices.org.sg</a> Website: <a href="https://www.cornerstoneservices.org.sg/">https://www.cornerstoneservices.org.sg/</a> Address: 39 Ean Kiam Place, S429124	
Family Central – A Service by Fei Yue Community Services	Cost: \$374.50 Tel: 6734 1401 Email: <a href="mailto:familycentral@fyys.org">familycentral@fyys.org</a> Website: <a href="http://www.family-central.sg/marriage-support-programmes/">www.family-central.sg/marriage-support-programmes/</a> Address: 491B River Valley Road, #04-04A, S248373	
Morning Star Community Services	Cost: \$350 Tel: 6285 1377 Email: <a href="mailto:training@morningstar.org.sg">training@morningstar.org.sg</a> Website: <a href="http://www.morningstar.org.sg/event-category/workshops/for-individuals/">www.morningstar.org.sg/event-category/workshops/for-individuals/</a> Address: Blk 323B Sengkang Eastway #01-553 (S) 542323	
TOUCH Community Services	Cost: \$420 Tel: 6709 8410 Email: <a href="mailto:familylife@touch.org.sg">familylife@touch.org.sg</a> Website: <a href="http://www.touch.org.sg/events-overview/schedule">www.touch.org.sg/events-overview/schedule</a> Address: Blk 149 Toa Payoh Lorong 1, #01-943 S310149	

\* Please check with the respective social service agency for latest programme fees

**\$140 rebate available!**

You will receive a \$140 rebate upon completion of any of the programmes above, provided:

- You are a soon-to-wed or newly-wed couple attending a marriage preparation programme for the first time
- Either one of you is a Singapore Citizen or Permanent Resident

Programmes are suitable for couples aged 25 and above for grooms, and 21 and above for brides. Please contact the respective social service agency for more information.