

Prepare & Enrich

Marriage Enrichment Programme (PE MEP)



What is PE MEP?

PE MEP aims to:

- Explore your relationship strengths and growth areas
- Strengthen communication and conflict management skills
- Identify and manage stressors and personality differences
- Understand your Family of Origin and Couples Map

Who is it for?

- Couples who have been married for at least 2 years.

(One spouse must be a Singapore Citizen or Singapore Permanent Resident.)

Facilitators

- Lily Ching (Master of Counselling)
- Poh Ee Lyn (Master of Social Work)

GROUP WORK will be conducted via ZOOM



go.fyccs.org/MEP

Sign up today!

Date: 5, 12, 19, 26 March 2022 (Saturday)

Time: 9.30am – 12.30pm

For enquiries, please contact us at fflc@fyccs.org.

FREE