

OTHER RESOURCES:

Engaged Encounter: This is for unmarried couples who want to take a look at themselves and each other and learn more about their partner-to-be in a God-honoring way. To register, see information under "Marriage Encounter."

Marriage Encounter: This is a weekend getaway held in St. Paul helps married couples rediscover themselves as individuals and as a couple. Guided by a team of volunteer couples, each participant explores their relationship with each other, their family and society. The weekend format helps couples communicate openly and honestly, *without any group sharing, therapy or marriage counseling*. Some great surprises included. For more information call 651-454-3238, check out the website at www.marriages.org or you can e-mail them at

Choosing Wisely- Before You Divorce. This is a 5-week video series designed to look at what it is like to go through a divorce. The material is hard-hitting to break through the deep negative emotions that are part of a marriage crisis. Sessions include:

1. The Legal and Financial Impact of Divorce
2. The Physical, Emotional and Spiritual Side Effects of Divorce
3. The Many Effects of Divorce on Your Children
4. Forgiveness
5. Reconciliation

This series is not intended to replace counseling or as marriage enrichment. It points out the hard facts of what happens when couples do proceed to divorce. It may make some couples work harder at trying to keep their relationship alive and healthy. All information shared in confidential. Individual sessions with couples may be arranged. Call Paul or Kathy Fredrickson at 246-2710 for more information.