

Marriage Prep 101

Helping Couples Create a Lifetime Together



What is Marriage Prep 101?

Marriage Prep 101 is a 10 hour workshop for engaged, newlywed and seriously dating couples that teaches communication, conflict resolution and intimacy enhancement skills for couples to create successful, enduring relationships.

Marriage Prep 101 applies the latest scientific research that shows what make relationships succeed and fail. We teach couples how to communicate better, manage conflicts, avoid unhealthy relationship patterns while building intimacy, emotional connection, and resiliency.

Skill Based workshops like Marriage Prep 101 have been shown in three research studies to reduce the risk of divorce by up to 30%. The best way to "divorce-proof" your marriage is to create a long lasting relationship.

Drs Michelle and Patrick Gannon draw from their combined 30 years of clinical experience, as well as the latest research findings. They also share insights and solutions from their own marriage and family life.

The Gannons have been married for 15 years, and are the parents of two boys. Patrick and Michelle know that successfully married couples need to prioritize their time together and work on their relationship in positive, proactive and intentional ways.

Welcome

Marriage Prep 101 has been described as informative, proactive, practical and fun! Marriage Prep 101 is open to couples who are seriously dating, engaged, or newlywed. We welcome people of all backgrounds, ages, faiths, and sexual orientations. Marriage Prep 101 is a class, not counseling, and your privacy will always be respected.

What To Expect

Marriage Prep 101 will be presented by lecture, leader demonstrations, workbook exercises, self guided exercises and dialogues between partners. Questions and discussion in a lively and supportive group environment round out the learning opportunities. Couples are invited to share and ask questions, but do not have to speak if they do not want to. Private personalized coaching is available by request.

**For dates, information
and registration:
MarriagePrep101.com**



"The Gannons' sense of humor, honesty, and experiences from fifteen years of marriage made it seem like we were learning from good friends" -Krista & Jeremy

What You Will Learn In Marriage Prep 101

Enhance your individual & couple strengths

Discuss and clarify expectations

Identify areas needing change

Learn positive communication skills

Practice helpful conflict resolution skills

Avoid the traps of destructive interactions

Develop more emotional & sexual intimacy

Create an action plan that will help you
proactively create an intentional relationship



Marriage Prep 101 has been scheduled for the convenience of busy couples. We meet at Fort Mason Center on Friday evening 7-10pm with refreshments served. The workshop continues all day on Saturday 9am-5pm, and includes continental breakfast, catered lunch and workbooks for \$420 per couple.

MarriagePrep101.com
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Marriage Prep 101 is presented by Drs Michelle and Patrick Gannon, Psychologists in private practice in San Francisco, Individual and Couples Therapists and Relationship Experts for Media and Speaking Engagements.

The Gannons and Marriage Prep 101 have been featured in many TV, Radio, Print and Online publications:

CBS Early Show, Evening Magazine TV, Ronn Owens Radio Show, Sex with Emily Show, The Kathleen Show, San Francisco Chronicle, Huffington Post, TIME, PEOPLE, FIRST, Hitched, SF Gate, More Marin, Modern Bride, Marin IJ, and many more!

Marriage Prep 101 has been awarded "Best of the Bay" by the San Francisco Bay Guardian five years in a row.

"Patrick and Michelle were the reality check that we needed...Their own life experiences and practical solutions put our issues into perspective, and we left feeling hopeful, renewed and on the same page in our relationship." -Tamryn & Matthew

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