



COUPLES' PRE-MARITAL COURSE
2023

- ✓ Are you and your partner considering marriage in the near future?
 - ✓ Do you both want to strengthen your relationship bonds and give your marriage a fairer chance of success?
 - ✓ Would you like to learn some tools and strategies to facilitate a healthy lifelong relationship with your partner?
- **If so**, you and your partner are warmly invited to join our Couples Pre-marital Course holding in person and online on zoom over 4 months hosted by My Future Matters Counselling and Psychotherapy Services.

Who is this course for?

- Couples who are engaged and are due to get married in the next 12– 18 months.
- Couples in a committed relationship with the intention of getting married.
- Couples who are committed to a long-lasting relationship.
- Couples who want to understand what lifelong commitment to a partner looks like and how to navigate their commitments to each other.

■ **Please note** that this course is not for individuals and not for couples in a crisis as they will need different types of support.

Dates

First session (in person)	Saturday, 1 st April 2023
Last session (in person)	Saturday, 15 th July 2023
In between sessions (online)	15/4, 29/4, 13/5, 3/6, 17/6, 1/7
Cost per couple	Early bird discount: £999 until 31/12/22, thereafter, £1150
Venue	Jurys Inn Brighton Waterfront, Kings Road, Brighton, BN1 2GS (first and final meetings only)

Note: Registration closes by midnight on Tuesday, 28/2/2023. Available spaces are limited. Your place is confirmed only upon payment being received.

Cancellation: You can cancel your place for a full refund any time up till 31st January 2023 after which there will be no refunds.

For enquiries/further information

Please send an email to thrivingthroughintimacy@gmail.com

To register your place

Please make payment directly to the account below and send us a confirmation of payment by email to thrivingthroughintimacy@gmail.com

Account Name My Future Matters
Services LTD

Bank HSBC PLC

Sort Code 40-35-30

Account No 11716557

Reference: Please, use CPC and then your name and surname as your booking payment reference, for example, "CPCJaneDoe"

Eventbrite

You can also register your interest via Eventbrite at the link below and make your payment to the HSBC account thereafter:

<https://couplespremaritalcourse2023.eventbrite.com>

Additional Information

How many sessions are there in total?

There are 8 sessions altogether, 2 days face-to-face in person and 6 half days via Zoom.

What are the times?

The programme outline is broken down as follows:

- **2 Saturdays F2F meeting from 10:00am - 4:30pm** at Jurys Inn Brighton. These are the commencing session on 1st April and the concluding session on 15th July 2023.
- **6 Saturday online sessions by Zoom from 10:00am – 1.00pm.** These are the in-between sessions on the following dates: 15th April, 29th April 13th May, 3rd June, 17th June and 1st July 2023

Who are the course facilitators?

The course will be facilitated by the following experienced and qualified couples/relationship and sex therapists:



RONKE ADEYEMI, (MA, MBACP), is an integrative Counsellor and Psychotherapist and a Person-Centered Couple's Counsellor. She holds a bachelor's degree in Psychosocial Studies and a Masters' degree in Integrative Counselling and Psychotherapy, from the University of East London.

Additionally, Ronke has achieved a Post-Qualification Advance Diploma in couple's counselling. Ronke has been working in a private practice with individuals, couples, and families for over five years and concurrently runs a registered children after school support group. She has more than 18 years working experience helping adults with learning and mental health issues within the health and social care sector.

With her strong understanding of the limitations faced by some individuals to access counselling, she founded the online and affordable counselling centre: Safehaven Centre, BACP registered, at: www.counsellingatsafehaven.com



RITA EDAH, MA, MBACP (Accred). is a Counsellor, Psychotherapist, Coach and a trained Supervisor. She specializes in skilfully working with people to get unstuck. She loves working with those who are distressed, frustrated, and/or feel stuck to gain clarity and overcome barriers by helping to create pathways to enable their

freedom of choice for empowered living, through 1:1 working, couples/relationship/family therapy and group therapy.

Rita is the author of [*Beauty's Story:... Some Cuts Are Deeper Than The Eye Can See.*](#)

Rita was recently awarded "Domestic Abuse Counsellor of the Year 2022, London and South East England" by Prestige Awards, UK. You can find out some more about her work at: <https://ritaedah.com>



BOLA OGUNDEJI is an integrative psycho-sexual and relationship therapist providing psychotherapy, sex therapy and couples therapy to individuals and couples. Over the past few years, Bola has worked for a busy central London practice and now sees clients privately online and in Kent.

Alongside being an individual and couple's therapist, Bola has over 22 years of experience operating within the field of Human Resources and Organisational Development. She currently balances her leadership role with private practice and understands the effects of life, relationship, and work transitions on people.

You can find out some more about her work at: <https://www.cosrt.org.uk/members-2/bola-ogundej/>

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1 April to 15 July 2023

