

**MINISTRY OF GENDER EQUITY, CHILD DEVELOPMENT AND FAMILY WELFARE
FAMILY WELFARE AND PROTECTION UNIT
MARRIAGE ENRICHMENT PROGRAMME**

A Marriage needs dedication, nourishment, care and protection.

Aim: Marriage Enrichment Programme helps couples to renew and strengthen their relationships.

Target Group: Married Couples

Modules covered:

- ☐ Fundamental concepts of marriage;
- ☐ Conflict Resolution and Enhancing Communication;
- ☐ Sexuality in marriage;
- ☐ Family Budget and Common Decision Making;
- ☐ Reviewing commitments and understanding each other; and
- ☐ Family Values and Improving Interpersonal Relationships; amongst others.

Points to consider in enhancing your marriage

- Improving communication and resolving conflicts – Positive communication enhances good communication skills such as proper attention, correct translation, right body language and learning conflicts management strategies. Understanding not only what is being said but feeling behind it, makes real communication possible. Conflicts and fight cannot be avoided. You may disagree, confront each other which is already parts of a healthy marriage.
- Give space to each other – While making time to spend together, you also need some time to yourself. If you are always together, you will eventually smother one another.
- Let go- Learning to forgive and put those memories of painful incidents behind. Discover the how to heal, reconnect and move forward.
- Be Committed – Remain committed to each other even when things are not working out well.
- Be faithful – do not cheat as it lead to mistrust, arguments and an uphill back to winning your marriage back.
- Enhancing your relationships - Recognizing that in laws are different people with different ways who need to be respected and be invited to family events.
- Parenting – Modeling appropriate behaviours (unconditional love, discipline and reward is an essential parenting skill). Finding time to give kids positive attention.
- Enhance moral, physical and spiritual well being.

For **Registration**, please contact the Family Counselling Officer at the following **Family Support Bureaux (FSBx)** of your region as follows:

S/N	FSB	District covered	Contact Number
1.	Port Louis 2 nd Floor, SILWF Building, Edith Cavell Street, Port Louis	Port Louis	2130734 2130737
2.	Goodlands 2 nd Floor, NPF Building Goodlands	Pamplemousses/ Rivière du Rempart	2837240
3.	Flacq Women Centre Royal Road, (Near Auguste Volaire Stadium) Flacq	Moka/Flacq	4139727
4.	Bambous Royal Road, Bambous	Black River	4525081
5.	Phoenix National Women Development Centre Royal Road Phoenix	Plaine Wilhems	6970675
6.	Rose Belle Mohun Building Mongelard Street, Rose Belle	Grand Port/Savanne	6278089