

MINISTRY OF GENDER EQUALITY, CHILD DEVELOPMENT AND FAMILY WELFARE
FAMILY WELFARE AND PROTECTION UNIT
PRE MARITAL COUNSELLING PROGRAMMES

Investing in the success of your marriage is the best wedding gift you can give to yourself.

Aim: Pre Marital Counselling helps engaged couples to anticipate challenges and conflicts build up a healthy, strong and stable relationship.

Target Group: engaged persons

Modules covered:

- ☐ Enhancing Communication and Common Decision Making;
- ☐ Role Expectations and understanding each other;
- ☐ Basic ingredients for a successful marriage;
- ☐ Anger Management and Conflict Resolution;
- ☐ Planning a Family Budget;
- ☐ Love and Sexuality; and
- ☐ Legal Aspects of Marriage, amongst others.

- ☐ **Skills** that will help you to be one of the smart couples who wishes to lead a happy married life:

- ☐ **Communication:** (effective listening, verbal and non verbal expressions, body language etc. Not only what you say but how you say things is important);

- ☐ **Conflict Resolution:** (managing normal challenges, use of self-help tips to resolve conflicts and surviving crisis of married life);

- ☐ **Interpersonal Relationship:** (exploring your differences and similarities in a constructive way and enhancing relationships with in laws);

- ☐ **Family Values:** (bonding of unions, reinforcing faithfulness, respect and love); and

- ☐ **Exploring differences and similarities in a positive way.**

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

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 2nd 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, Phoenix	Plaine Wilhems	6970675
6.	Rose Belle Mohun Building Mongelard Street, Rose Belle	Savanne/ Grand Port	6278089