

Fact – Marital enrichment programs are conducted by trained professionals who have resources to help the couple resolve their problems in a sensitive and confidential setting.

Hurdle - Marriage enrichment doesn't help. Some couples believe that marital enrichment programs are "feel good" experiences that might help briefly but don't help in the long run.

Fact- Research shows the marital enrichment programs help couples improve their relationships in a deep and lasting way.

What Research Tells Us about Marital Enrichment?

- Influences mental health of both
- Influences physical health of both
- Influences development of children
- Influences children's mental health and relationships



“Marriage brings someone into your life who challenges your ideas and makes you try new things. It involves friendship, responsibility, being forgiving, giving & taking space. Marriage is about building a life together based on trust, affection and respect.”

Marital Enrichment Services

To enrich, encourage, support and heal couple relationships

in the community

Whether your relationship has just begun or you've been married for years, you would want a healthy and mutually-satisfying relationship with the one you love.

Highlights of the Marital Enrichment Program

- Tailor-made for each couple
- Created and conducted by trained professionals
- 3-4 sessions at couple's convenience
- For couples at any point of their marriage

Contact Us: Every **Tuesday** between **9:00 am to 1:00 pm** at

NIMHANS Centre for Well-Being

1/B, 9th Main, 1st Stage, 1st Phase, BTM Layout, Bangalore

Tel: +91 08 2668 5948/ 9480 829 670

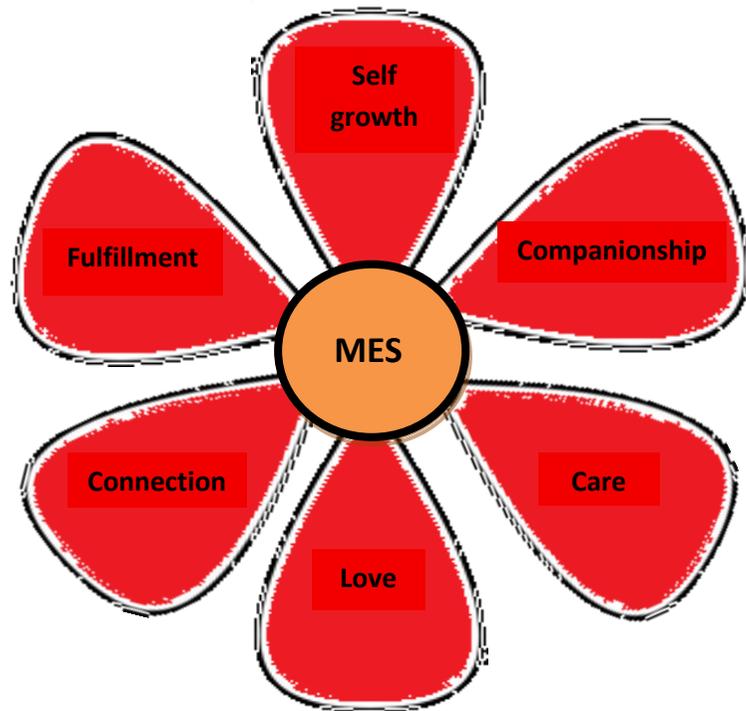
Service provided by: Dr. Anisha Shah, Ms. Ashmeet, Ms. Ila, Ms. Manjula



Who can benefit from Marital Enrichment Services?

- Couples who have difficulties in one or two domains of their relationships like finding time for each other, dealing with other family members, parenting, etc.
- Couples who have mild emotional difficulties with each other
- Couples who want to improve the quality of their married life

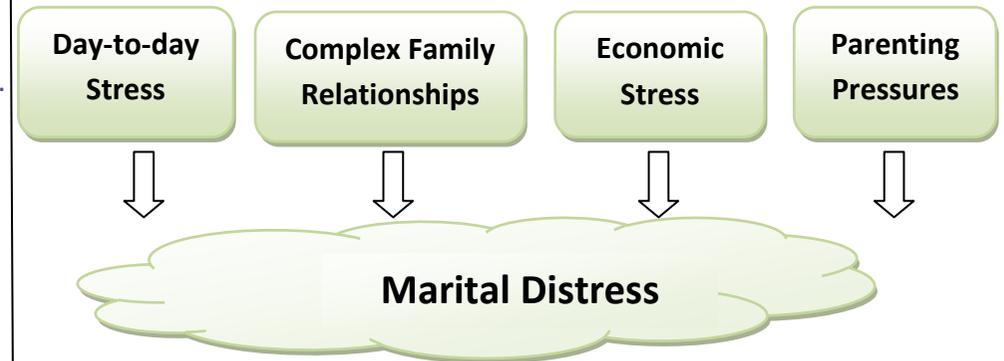
What Marital Enrichment offers?



Goals of Marital Enrichment Services – To Learn

- Communication skills
- Negotiation
- Conflict resolution
- Problem Solving
- Tolerance
- Acceptance
- Forgiveness

Why Marital Enrichment Programs are needed?



Some Obstacles to Seek Help



Sometimes couples do not take advantage of marriage enrichment at the right time which can prevent more serious problems later on. Some common hurdles and facts are listed below:

Hurdle - Good marriages happen naturally. Many people think a happy, successful marriage should come naturally. They think what they learned about marriage from watching their parents and other couples should be enough. But this "it's natural" theory is a myth.

Fact- People can benefit from additional information and education about how to build a more satisfying marriage.

Hurdle- **Marriage is a private matter.** Some people believe that this relationship is too private to share with others. They feel it isn't proper to share their marital issues with anyone outside the marriage.