

## DO YOU, YOUR SPOUSE, OR BOTH FEEL...

Overstressed?

You have grown apart and not sure how you reconnect?

You are at your breaking point?

Hopeless to improve your situation?

More like roommates than lovers?

You argue over little things?

More like foes than friends?

Bored with your marriage?

Divorce is an option?

Addiction is disrupting or destroying your marriage?

There has been infidelity?

In-laws are interfering in your relationship?

Your marriage needs to be recharged?

God is missing in your marriage?

The desire for a more fulfilling marriage?

## HOPE AND HELP FOR YOUR MARRIAGE

“Each crisis becomes an apprenticeship in growing closer together or learning a little more about what it means to be married. There is no need for couples to resign themselves to an inevitable downward spiral or a tolerable mediocrity.”

- Pope Francis

“Couples will gain from receiving help in facing crises, meeting challenges and acknowledging them as part of family life. Experienced and trained couples should be open to offering guidance, so the couples will not be unnerved by these crises or tempted to hasty decisions.”

- Pope Francis

## UNLEASH GOD’S GRACE FOR YOUR MARRIAGE!

“Parishes also need to do everything possible, within their limits, to ensure that struggling families are being cared for.”

- Archbishop Allen H. Vigneron,  
*Unleash the Gospel Pastoral Letter*



**STRICTLY CONFIDENTIAL, NO COST**

## Marriage Coaching Ministry



**Marriage Coaching can help restore and enhance your marriage**

**Call or email today to learn more**

**313-237-4680**

[familyministry@aod.org](mailto:familyministry@aod.org)

**English and Spanish speaking  
Marriage Coaching couples**



# † We provide practical tools on how to live out the beauty and joy of marriage. †

“The sacrament of Matrimony signifies the union of Christ and the Church. It gives spouses the grace to love each other with the love with which Christ has loved his Church; the grace of the sacrament thus perfects the human love of the spouses, strengthens their indissoluble unity, and sanctifies them on the way to eternal life” (*Catechism of the Catholic Church, 1661*).

## MARRIAGE COACHING BASICS

Marriage Coaching is a couple-to-couple mentoring program designed to invite couples to live out God's Plan for marriage, giving them the tools of how to live His plan for their marriage. The program consists of seven main coaching sessions.

### Outline of the seven sessions:

- 1 Relationship Building and Family of Origin Factors**
- 2 God's plan for Marriage and the Importance of Forgiveness**
- 3 Priorities in Marriage and Praying Together as a Couple.**
- 4 How to Love and Serve Each Other (Discovering the Needs of Our Spouse)**
- 5 Open and Healthy Communication**
- 6 Sexuality and Temperance in Marriage**
- 7 Spiritual Relevance and Growth in Marriage**

## COACHING IS NOT COUNSELING

Our approach is not counseling, rather it is coaching. It is not psychology, psychiatry or therapy (some situations will need these things and we can give you some referrals). This is helping couples to understand Catholic marriage and realizing the fullness of Christian life in marriage. It is intended to take the couple to a deeper understanding of their sacrament and commitment in their marriage. We don't want to be a referee or crutch for couples. We come along side of couples and help them implement a better way to live out marriage between the four walls of your own home.

## WHO WE COACH

While we believe our Marriage Coaching Process is beneficial to all couples, the reality is that the majority of our work is with couples that are struggling in their marriage. Our experience has shown that through our Marriage Coaching Process, couples that have a desire to enhance their relationship and preserve their marriage covenant will build stronger families and discover a fuller and more beautiful marriage relationship, greater family harmony, and a deeper understanding of their spiritual journey as a couple.



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Archdiocese of Detroit,  
Office for Marriage and Family Life

