

Essentials for Life, LLC.

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PREMARITAL COUNSELING SESSIONS OVERVIEW

Pre-Assignment before Session 1

Session 1: Get Acquainted and discuss expectations of premarital counseling

Session 2: Communication and Handling Conflict

Session 3: Roles, Finances, and In-laws

Session 4: Sexual Expectations

Sessions 5 and 6: Celebrating the differences. These sessions will cover practical issues of day-to-day living.