

Marriage preparation, mentoring and support programmes to help couples strengthen their marriages

A strong marriage requires a solid foundation built on commitment. To help soon-to-wed and newlywed couples in preparing for their journey together, these programmes offer practical skills and valuable knowledge.

i. **The Journey with You (JoY) marriage mentoring initiative** was first trialled in December 2021 by the Ministry of Social and Family Development (MSF) and the Registry of Marriages (ROM) with a small group of newlywed couples. This initiative was designed to provide support to them throughout their first year of marriage by pairing them with Licensed Solemnisers who served as their mentors. By tapping on the wisdom and experience of the marriage mentors, JoY aims to provide newlyweds with valuable advice and tips on how to navigate the challenges and joys of married life, and encourage couple to discuss key marriage topics. JoY mentors also facilitate connections to relevant resources to ensure that couples can continue to be supported throughout their marriage and parenting journey, even in the years ahead.

To complement solemnisers' current efforts, JoY will be expanded to include community volunteers who are trained as mentors to journey with newly-wed couples. Community mentoring will be introduced to a small group of couples on a voluntary basis for a start, starting from the second half of this year.

By extending its impact through community-based mentoring, JoY strives to create a supportive network of mentors within the community who can positively influence and enrich the lives of newlywed couples, which will in turn create a stronger and more resilient foundation for marriage and family relationships.

ii. Muslim couples can opt for the **Cinta Abadi ('Eternal Love') marriage preparation programme**. They can also tap on the **Bersamamu ('With You')** programme, which provides couples with marriage mentoring from their Kadi or Naib Kadi, their marriage solemnisers.

iii. **Marriage Preparation Programme (MPrep)** consists of core modules designed to address important aspects of married life. These modules include Family of Origin, Communication & Conflict Resolution, Sexual Intimacy, Family Planning/Fertility Awareness, Financial Planning, Role Relationship & Expectations, and In-law Relationship. By participating in the MPrep, couples can establish a strong foundation for a fulfilling and enduring marriage, fostering lifelong love, trust, and understanding.

iv. The **Prepare/Enrich Marriage Enrichment Programme** gives personalised insights into relationship dynamics and helps married couples pick up skills to improve their relationships and better address conflict.

For more information on the programmes, please visit www.marriage.gov.sg or [Families for Life's Website](#).