

Prevention & Relationship Enhancement Program®

(available to Oklahoma residents only)

Strengthening Relationships Through Couple Workshops



*When it comes to loving the most important people in our lives,
there's always more to learn.*

The Kay County OSU Extension Center offers PREP couple workshops. These workshops can be beneficial to any committed couple – dating, engaged, newlyweds, and those who have celebrated many anniversaries together.

Why PREP?

Most people desire a satisfying relationship that lasts a lifetime. Can couples learn how to avoid the pitfalls, and learn to deepen and maintain love for a lifetime? YES, if they work at it!

PREP Is Research Based

PREP is based on twenty years of solid research designed to discover what makes successful relationships. Research has shed light not only on the greatest risk factors for marital failure, but also on the most promising avenues to help couples build and maintain great relationships.

PREP Is Education, Not Therapy

PREP emphasizes the teaching of specific skills and strategies for talking effectively, solving problems together and for protecting the relationship from destructive conflict.

PREP Works

Studies have shown that couples who learned the PREP skills had a 50% higher success rate in staying together and were happier in their relationship.

PREP Is Free

PREP workshops are funded through the state of Oklahoma. Residents are invited to attend free of charge.

The PREP® workshop is designed to help couples:

- prevent time and stress from building walls between you.
- recognize and solve problems as they occur rather than letting them slide.
- communicate effectively with one another.
- enhance the romance and intimacy in your marriage.
- protect your relationship by learning to work together.



"We had a pretty good marriage already, just the normal wear and tear. Then we went to a PREP workshop, what a difference! I cannot tell you what this has done for us!"

Ed and Cathy Shea, Chicago

"My mother gave this workshop to us as an engagement gift nine years ago. This is one gift we're still using! Thanks, Mom."

John and Kass Patterson, Denver

Prevention and Relationship Enhancement Program® (PREP)

PREP classes are available to any group or organization in Kay County.

Information regarding PREP classes are encouraged to contact Mary Rhyne, OSU Extension Center, (580) 362-2200 (phone); (580) 362-2268 (fax) or by returning this form to OSU Extension Center, PO Box 430, Newkirk, OK 74647.

Individuals who are interested in being notified when the next class is scheduled in Kay County are invited to respond as well.

Name _____

Mailing Address _____

E-Mail Address _____

Phone (evening) _____ (Daytime) _____

I would like more information regarding the option of hosting a PREP class in my community.

I would be interested in attending a PREP class. Please notify me when the next class is scheduled.

Other requests: _____



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