



WELCOME TO PRE-MARITAL MENTORING!

Research shows that couples who have counseling before their wedding have a 30% higher marital success rate than those who do not.* We want to help set you up for success in your marriage by providing you with support, skills and education!

How does it work?

Each engaged couple is assigned to a mentor couple who has ten (10) or more years of marriage experience. Each mentor couple has also received training to provide mentoring and can model what it means to have a Christ-centered marriage. The mentors help debrief the relationship assessments, provide spiritual guidance, and offer encouragement. They are not professional counselors.

The mentor couple will contact you to set up a time and place to start meeting. You can expect to meet with the mentoring couple six (6) times before you get married and up to two (2) times after you get married if possible.

What will we talk about during the sessions?

You will discuss many subjects including marital expectations for roles and responsibilities, skills for communicating and resolving conflicts, realistic management of finances, your sexual relationship, your family of origin, and much more! Your relationship strengths, as well as areas that need growth, will also be discussed.

Although the program is designed to cover certain topics, your mentors can tailor the program to fit your individual needs. Required homework assignments are given prior to each session to enhance your understanding and promote discussion of the material.

What assessments are used?

There are two assessments you will each be asked to complete before you start: the SYMBIS and the TJTA. The SYMBIS provides information on your personality style, values and readiness for marriage. The TJTA provides more information on your personality and how that fits with your future spouse's personality. Neither of these assessments are tests and there is no way to "fail" either one. Your marriage mentors will review the results with you so you can grow in your understanding of one another.

What is the cost?

The total cost is \$161. You will be asked to pay \$35 of this online when you take the SYMBIS assessment and the remaining \$126 needs to be paid directly to Rolling Hills Church (cash or check). This \$126 covers the TJTA and several books. The pre-marital mentors are providing their services free of charge.

When should I start? It's best to start this process at least six (6) months before your wedding date. If you are starting later than that, try to get all your paperwork, fees and inventories done right away so there are no delays.

What should we expect from the marriage preparation experience?

You should expect to be challenged, strengthened, educated, and better prepared for your upcoming marriage. You will probably experience some laughs, some tears, and some pleasant surprises!

You will most likely identify some growth areas, learn some new marriage skills and gain a realistic expectation of what marriage to your partner will be like!

What happens following our premarital sessions?

If you are getting married at Rolling Hills Church or by a Rolling Hills pastor (see below under *Getting married by a pastor at Rolling Hills* for more info), your mentors will give feedback to your pastor about your readiness to marry. They will either affirm your decision to marry, recommend you move forward with additional support (e.g. professional counseling) or recommend you reconsider your marriage timeline because of issues and/or concerns uncovered during the mentoring process. Your mentors will have discussed these recommendations with you prior to making them known to the pastor(s).

Do I have to be a member at Rolling Hills, or a Christian to participate?

No, you don't. Anyone is welcome. You should know that we will be counseling from a Christian-perspective and the advice we give is consistent with biblical values. Choosing to move forward with mentoring means that you are aware of this approach.

What do I do to get started? If you haven't already done so, you'll need to pay your fees and complete the intake form. After this, you'll be assigned to a mentor couple!

MISCELLANEOUS THINGS TO KNOW:

Supervision:

Our wholeness pastor, Carolyn Lu, is a Licensed Professional Counselor and provides supervision to the couples serving as marriage mentors. If you have additional questions about the interpretation of your inventories, you may review them with Carolyn Lu, if desired.

Limits of Confidentiality:

Mentoring sessions are confidential. Information received from a couple will not be shared with others at church, with the exception of the sponsoring and officiating pastors and the supervising counselor. In addition, the following exceptions do apply and will be reported:

1. Statements that abuse of a child, elderly or disabled person has taken place.
2. Statements that reflect an intent to harm self or others.

Referral:

In some cases, our mentor couples will need to refer a couple they are working with to a higher level of care, such as professional counseling. If your mentor couple feels this would be the best option for you, they will let you know.

Getting married by a pastor at Rolling Hills: If you'd like a pastor on staff at Rolling Hills to officiate your wedding, please contact that pastor directly by calling 503-638-5900. If you don't know which pastor to choose, you can be assigned one by emailing becky.harnish@rollinghills.org.

Renting Rolling Hills for your wedding: To schedule to use Rolling Hills' facility, email becky.harnish@rollinghills.org. You will need to be a member or regular attendee to rent the facility.

Canceling: To cancel your meeting with your mentor couple, please be courteous and do so at least 24 hours in advance of the scheduled session.

*Statistic from Healthresearchfunding.org