

# Knoxville Marriage Initiative

## Repair Workshop

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Explore how to repair and transform your marriage by learning strategies to strengthen the foundations of your relationship and regain relationship satisfaction.

### Are you interested in:

- Repairing, strengthening and transforming your marriage?
- exploring ways to grow and protect a strong, lifelong marriage?

### By attending our Repair workshop, you'll discover:

- benefits of marriage
- normal stages and challenges all couples face in marriage
- skills and behaviors to build strong bonds and keep love alive
- how to avoid the dangers of falling out of love and hope

### How to prepare:

- Come with an open mind, heart and attitude
- Dress comfortably
- Be focused
- Be prepared to participate
- Expect to fellowship with other couples

Our workshops are not group therapy, nor are they primarily lecture, but rather a time to learn practical tools and concepts. Ample time will be given to practicing new ways of relating to your partner during our time together.

The leaders of this workshop have been trained through the [Knoxville Marriage Initiative](#) to offer the PREP 8.0 curriculum and are passionate about seeing marriages transformed.