

# Understanding Culture in Marriage: Exposing the Heart

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## Who will benefit from this workshop?

- Engaged and married couples regardless of their ethnic background.
- Interracial, Intercultural and Monoracial Marriages
- Marriages where both spouses have the same ethnicity

## What is the layout of this workshop?

- Approximately a 3-hour workshop that includes Power point slides, worksheets, and interactive dialogue with each other and other participants.

## What are the goals of this workshop?

- To provide language that will help bridge cultural gaps.
- For interracial marriages, spouses from ethnic minority groups will be better equipped to handle the nuances relevant to the Western culture in the U.S.A and Canada.
- For marriages where both spouses have the same ethnicity, they discover how their cultural bent (growing up in different homes) can potentially impact their marriage negatively.
- Strengthen the marriage with new understanding.
- Provide healthy communication tips to strengthen the marriage and help it thrive.
- To enhance oneness that is vital for a healthy marriage.
- To empower the participant to grow in self-awareness.

In this racialized society of ours we tend to allow our differences to divide us. To increase morale and productivity in the workplace, community, or other relationships, we need to learn what we have in common so that we are a united people. I believe self-awareness is the key to racial reconciliation because it allows us the ability to **respond** rather than **react** to the cultural differences around us.