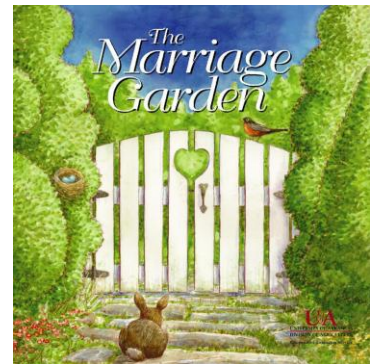


Using *The Marriage Garden* Curriculum

1. **Individual study.** Any person can individually read and study the lesson guides to learn about healthy relationships. This can be done whether one is hoping to marry, is married, or is recovering from a failed marriage. Of course, it is ideal to have both partners in a relationship study and apply the materials together. Yet, even in those cases where a person's partner does not take part, the relationship can be strengthened by your individual efforts.



2. **Couple study.** A couple can read and study the lesson guides together. They may choose to read the material together and discuss it as they go or they may read the materials on their own and come together to discuss and apply the ideas. Any time a couple works together, each person should carefully avoid any temptation to tell the partner how to apply the lessons to his or her behavior. Each of us should be seeking ways we can be better ourselves rather than trying to fix our partners.

3. **Group study.** This curriculum can be used in group discussion settings whether the group has a single designated leader or leadership that rotates among group members. The person who leads the group could prepare a discussion in advance and invite group discussion on many points within the lesson. For ideas on leading effective discussions, look at our article "Drawing the Best Out of Your Students." For advanced ideas on leading a discussion, you might also be interested in our article "Ginott's Method of Parent Education."

4. **Marriage mentoring.** The curriculum can be used effectively in marriage mentoring. An experienced and sensible couple might study the materials and lead a discussion with the mentee couple. That discussion might happen over a relaxed dinner together, just sitting in living room, or in a more formal setting (such as around a table). It can work equally well for the mentor and mentee couples to both read the lessons and then discuss them together.

5. **Resource guide.** Ideas can be drawn from the lessons for talks, sermons, newsletters, counseling, or conversations. In addition to the core lesson materials, each lesson guide includes additional resources, such as quotes and stories. All these resources provide a rich collection of materials that can be used in many ways.

In addition to all the above ideas, look at our "Recommended Reading for Strengthening Marriages" for a list of the best books on marriage. Some of the recommended books are available in the local County Extension offices. For information about The Marriage Garden curriculum training, contact Family Life Professors Dr. H. Wallace (Wally) Goddard at wgoddard@uaex.edu or Dr. James P. Marshall jpmarshall@uaex.edu

The Marriage Garden curriculum includes: The Marriage Garden folder and six lesson guides. The guides may be found on [http://arfamilies.org/family life/marriage/](http://arfamilies.org/family_life/marriage/) or ordered for \$5 (a full set of six lessons printed on colored paper). English and Spanish versions are available. To order, go to <http://pubs.uaex.edu/pubsWebuser.asp> or contact your local [county Extension office](#).

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