Neighbouring Well

COUPLES COUNSELLING

Preparing for marriage, together.

One of the best investments you can make is a series of conversations about each other, so that the marriage is what lasts.

Couples counselling (premarital counselling) builds on your strengths. You don't need a plan or the right words. Wanting to start well is enough.

HOW IT WORKS

1 Free intro call — FIRST STEP

15 minutes to check fit and talk through PREPARE/ENRICH, an online assessment you each complete before your first session.

2 Beginning — FIRST SESSION

We look over your assessment results together, then plan which topics to explore.

3 Working together — MIDDLE SESSIONS

We work through the topics we agreed on, for as many sessions as you need.

4 Moving on — FINAL SESSION

We review what you have discussed and talk about any recommendations going forward.

TOPICS COUPLES OFTEN EXPLORE

Communication and conflict

Money, family and roles

Values and goals

$200
per session, plus $35 USD assessment

4 to 6 sessions
after a free 15-minute intro call

60 min, online
secure video; you must be in Ontario

Both partners attend every session, from anywhere in Ontario, with some homework between sessions.

Timing: start any time. Many couples begin 6 to 8 months before the wedding, but it is never too early or too late.

Faith: part of the conversation if you want it, never assumed. Couples of any faith, or none, are welcome.

Confidentiality: private, within legal limits. Nothing is shared with your church unless you ask.

Receipts: provided to claim; check your plan for coverage. No direct billing.

Book a free intro call

Fifteen minutes to ask questions and decide together, with no obligation to continue.

neighbouringwell.ca/intro · counselling@neighbouringwell.ca

Scan to book

Jeremy Ng, MSW, RSW, MDiv, DMin
counselling@neighbouringwell.ca
Registered Social Worker · 20+ years in child welfare, schools & community mental health

Neighbouring Well is a scheduled counselling service, not an on-call or emergency service.
If someone is in immediate danger, contact **911** or call/text **988** (Canada Suicide Crisis Helpline) right away.