

Support Resources for Married Couples

Marriage can be challenging because life is often challenging. When difficulties arise, it's important to have resources that can help restore and strengthen your relationship and give you hope that the issues you are facing can be resolved. Listed below are highly effective programs designed to offer guidance, healing, and hope for when your marriage hits a rough patch.

MarriageTeam

<https://marriageteam.org/marriage-coaching/>

Peer-To-Peer Coaching (Online)

Languages: English, Spanish

Location: Virtual



MarriageTeam program is highly effective, with 89% of couples who were considering divorce deciding to stay together after coaching. It offers Christian-based coaching for couples experiencing marital difficulties. Certified MarriageTeam coaches guide couples through private, structured online sessions to develop a unified "playbook" for their marriage. It provides affordable and impactful support with practical tools for communication, emotional intimacy, and conflict resolution.

Catholic Counselors

catholiccounselors.com

Professional Catholic Therapy (Online)

Location: Virtual



Offering individual, couples, and family therapy, Catholic Counselors uses Catholic teachings as the lens through which healing and emotional health are approached. Dr. Gregory and Lisa Popcak, the founders, have dedicated their ministry to providing spiritual and emotional support for individuals, couples, and families.

Retrouvaille

<https://helpyourmarriage.org>

Marriage Retreat + Follow-up

Duration: Weekend Retreat + 6-12 Weeks of Follow-up

Locations: Huntington, NY; Long Island, NY; Hartford, CT



Retrouvaille is a Catholic program designed for couples facing serious challenges in their marriages. The program begins with a weekend retreat where couples are taught communication skills and a path to finding hope and forgiveness. This is followed by a 6-12 week series of small group meeting and ongoing support, all facilitated by other couples who have successfully completed the program. Retrouvaille creates a community of support and offers a proven environment for couples to rebuild their relationships. Financial assistance available for those in need.

Please reach out to Fr. John or Fr. Mariusz if you would like additional information or assistance in choosing what would work best for your marriage. There are other programs and ministries that are available if the ones above don't seem to be the right fit.