

## **Pre-Cana Conference or Retreat**

As part of your marriage preparation, couples must complete a Pre-Cana conference or retreat. Both in-person and virtual sessions are offered and attendees will receive a certificate of completion.

**Arlington Diocese** offers multiple *Conferences for Engaged* throughout the year. A complete listing and registration information can be found at <https://www.arlingtondiocese.org/family-life/marriage/conferences-for-the-engaged/>

**Our Lady of Bethesda Retreat Center** offers the *Three to Get Married* program for engaged couples. They offer both virtual and in-person weekend retreats. Information can be found at <https://ourladyofbethesda.org/programs/marriage/virtual-marriage-prep>.