

About the Program

Our marriage prep and relationship programs are designed to build on couples' existing knowledge and experience. The programs draw on evidence based research on what makes relationships nourishing and long lasting. All presenters are experienced and qualified relationship educators.

One of these programs will be suitable to you whatever stage in your relationship: new couples moving toward commitment, couples just engaged, those who have lived together, those already with children or couples on their second marriage.

Our relationship programs are part of CatholicCare Counselling & Family Services and are open to all couples without bias and from all different backgrounds and beliefs.

Enquiries & Bookings

For further information, bookings, or to discuss Course content or any special needs, please contact:

(02) 4979 1172 or 0400 347 104

Registrations please send to:

Post: 882 Hunter Street, Newcastle, NSW 2300

Fax: 4961 6710

Please book early as places are limited and some courses are very popular.

2010 Course Dates & Venues

"Before we say I Do"

Course 1 - Weekend Course—Newcastle

Two Saturdays: 13 & 20 February

9:45 am - 4:30 pm

Course 2 - Evening Course—Newcastle

Four Wednesday nights: 10, 17, 24 & 31 March

6:00 pm - 9:00 pm

Course 3 - Weekend Course—Newcastle

Two Saturdays: 8 & 15 May

9:45 am - 4:30 pm

Course 4 - Weekend Course—Maitland

Two Saturdays: 29 May & 5 June

9:45 am - 4:30 pm

Proposed—yet to be confirmed

Course 5 - Weekend Course—Newcastle

Two Saturdays: 19 June and 26 June

9:45 am - 4:30 pm

Course 6 - Weekend Course—Newcastle

Two Saturdays: 21 and 28 August

9:45 am - 4:30 pm

Course 7 - Weekend Course—Maitland

Two Saturdays: 11 & 18 September

9:45 am - 4:30 pm

Proposed -yet to be confirmed

Course 8 - Evening Course—Newcastle

Four Wednesday nights: 3, 10, 17 & 24 November

6:00 pm - 9:00 pm

FOCCUS

Runs approx 8 times per year depending on bookings.
Phone for next dates.

Marriage Preparation & Relationship Programs

*Making your relationship
the best it can be*



2010 Program
and dates



Ph: 4979 1172
0400 347 104

Registration Form

PLEASE PRINT CLEARLY

Name (Male) _____

Name (Female) _____

Contact Address _____

_____ P/C _____

Home Phone _____

Mobile (M) _____

Mobile (F) _____

Date of Wedding _____

Place of Wedding _____

Priest/Celebrant _____

Note Any Special Needs/Disability: _____

Group Course No. Preference

1st Choice _____

2nd Choice _____

PAYMENT DETAILS

I have enclosed a cheque/money order made payable to "Centacare".

I wish to pay by credit card: Mastercard Visa

Name on card _____

Card No. _____

Expiry Date _____

Authorised signature _____

I have paid by direct deposit:

BSB: 062-815

Account No: 00910880

Account Name: Centacare Maintenance Account

Description: {Please enter your Surnames & Course No.}

"BEFORE WE SAY I DO" A two day or 4 evening group program

The group program provides you with the opportunity to explore your relationship, build on your strengths and gain essential knowledge and skills that you will use for years to come.

In a relaxed and informal setting the program includes some small group discussions as well as private couple sharing. Course topics include:

- * Expectations of Commitment & the Future
- * What you bring to the relationship (FoO)
- * Communication Styles & Managing Conflict
- * Building resilience (for the hard times)
- * Spirituality and Values
- * Romance and Intimacy
- * Preparing for family

Cost: \$255 (incl gst) per couple - includes all course materials, refreshments, lunch/supper.

CANCELLATION POLICY: A \$20 ADMINISTRATION FEE WILL BE CHARGED IF CANCELLATION NOTICE IS WITHIN 2 WEEKS OF COURSE DATE.

"We liked the commitment research, "WE" concept and REPAIR ideas, it really hit home for us."

"We found everything really enjoyable and a lot more informative and interesting than we thought it would be before we started - we would recommend it to anyone preparing for marriage."

"The program brought up issues that may not have been discussed otherwise e.g. Family of Origin issues, and the idea that conflict can be constructive rather than destructive!"

FOCCUS Program Open Couple Communication & Understanding

FOCCUS is a program of three 1 1/2 hour sessions, tailored to individual couples. Using an in-depth user-friendly questionnaire FOCCUS is designed to help you and your partner learn more about yourselves and your unique relationship.

Using the questionnaire as a starting point, FOCCUS will provide tailored sessions that will help you build on your strengths and develop knowledge and skills for your future together. FOCCUS is a more flexible option for couples who are unable to attend a group program.

Cost: \$275 (incl gst) per couple, includes all materials & refreshments

CANCELLATION POLICY: A FEE OF \$50 WILL BE CHARGED IF LESS THAN 2 DAYS NOTICE GIVEN FOR CANCELLATION OF SESSION APPOINTMENTS

Enhance Individual couple education & support

At times we all need a bit of extra help to keep the relationship vibrant and on-track. Enhance provides you with knowledge, research and support to address specific issues or challenges in your relationship however big or small eg re-igniting the spark, communication breakdown, destructive patterns, strengthening the friendship and emotional connectiveness of the relationship.

Cost: \$80 (incl gst)/1 hr session. (By appointment)
Phone for appointment time

A FEE OF \$20 FOR CANCELLATIONS LESS THAN 24 HRS NOTICE

