



## Contact Us

For further information about Marriage Education, please contact CatholicCare's Marriage Education Office.

To register for a course, please send your completed form to us via email, the postal address or fax number listed below:

### CatholicCare Social Services Marriage Education

CatholicCare Social Services Hunter-Manning

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## About CatholicCare Hunter-Manning

CatholicCare Social Services Hunter-Manning is a not-for-profit organisation and a mission and outreach agency of the Catholic Diocese of Maitland-Newcastle. We employ more than 200 local people to provide services and support to families, couples, individuals and children in the Hunter-Manning regions.

We offer a variety of children's, youth, family and disability services. You do not have to be Catholic to work with, or to receive assistance and support from, CatholicCare.



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# Marriage and Relationship Education

Relationship enhancement education and pre-marriage education programs for couples looking to revitalise their partnership



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*We will continue to use the information in this course throughout our marriage. Excellent.*

- Mark\*\*, Cooks Hill, NSW.

*This has been a positive experience for us, I hope to remember and practise the many techniques to enhance our marriage and have a positive effect on our children. Thank you so much!*

- Rachel\*\*, Maitland, NSW.

\*\* Name has been changed for privacy reasons.



## Marriage Education

Marriage education is a vital, yet often overlooked, part of preparing for your life partnership or seeking to enhance a relationship that has become too child or work-focused. That's why, at CatholicCare, we offer education programs that are designed to provide you and your partner with the latest research, resources and knowledge to assist you to maintain your commitment to each other and the relationship.

We offer a range of programs to meet the needs of all couples including the soon-to-be wed through to those marking their 30th anniversary together. However you don't have to be married, or planning to marry, to participate.

All programs are conducted by qualified relationship educators in a friendly, professional and relaxed setting.

CatholicCare's two pre-marriage programs are:

- ▶ **Before We Say I Do** a small group program held over two days;
- ▶ **FOCCUS Program** personalised online inventory (questionnaire) with couple discussion facilitated by a relationship educator over three 90 minute sessions. Couples are advised to attend pre-marriage workshops at least four months prior to their wedding and book early as some courses fill quickly.
- ▶ **Enhance** for couples looking to ignite the spark and take stock, an individualised program can be designed to meet your needs and schedules.

## Before We Say I Do

This group workshop provides participants the opportunity to hear the latest research on strong committed relationships, build on your couple strengths and gain essential knowledge, skills and strategies for the years to come.

It is facilitated over two days, with small group discussions and exercises to introduce research followed by private couple sharing.

Course topics covered include:

- ▶ Learning the concept of the evidence-based theory of the Gottman Sound Relationship House
- ▶ Family of Origin influence on our relationship
- ▶ Learning to recognise warning signs of relationship meltdown
- ▶ Commitment & dedication
- ▶ Expectations of marriage and each other
- ▶ Regulating our emotions in conflict
- ▶ Values and the Emotional Bank Account.

**Cost:** Registration fee for this workshop is \$300\* (including GST) per couple which includes course materials, morning tea and afternoon tea.

**Please note a \$50 administration fee will be charged if cancellation occurs within two weeks of the course date.**

## FOCCUS Program

FOCCUS (Facilitating Open Couple Communication Understanding & Study) is a pre-marriage education program for couples to reflect on their relationship and consider the research as they prepare for marriage. Couples complete an online inventory and then work with the educator who shares the research, discusses your responses and helps with skills and strategies to strengthen and enhance your relationship.

This program is a flexible option for couples who are unable to attend a group program or whose work schedules preclude group workshops.

**Cost:** Registration fee for this program is \$320\* (including GST) per couple which includes three x 90 minute sessions.

**Please note that a \$50 fee will be charged if fewer than 24 hours notice is given for cancellation of an appointment.**

## ENHANCE Program

At times we all need a bit of extra help to keep our relationship vibrant and on-track. The Enhance Program provides you with the knowledge, research and support to address specific issues or challenges in your relationship such as communication breakdown, destructive patterns of behaviour and the 4 danger signs of relationship meltdown. The sessions will assist you to re-ignite the spark, strengthen the friendship and increase the balance of your emotional bank account.

**Cost:** \$120\* (including GST) for a one-hour session. Sessions are by appointment only.



**Please note that a \$25 fee will be charged if less than 24 hours notice is given for cancellation of session appointments.**

\*All prices shown are correct at time of printing February 2017 and may change without notice.