



# Marriage & Relationship Education

CatholicCare offers a range of innovative, evidence-based and award-winning marriage and relationship education programs that have been designed to enhance your relationship with your partner. Our programs meet the needs of all couples including those who do not intend getting married but still have a deep commitment to each other, the soon to be married, through to those marking a significant wedding anniversary together. You do not have to be Catholic to take part in our programs, nor are they influenced by religious beliefs.

## Before We Say I Do

This evidenced-based, group program provides opportunities to explore your relationship, build on your strengths and gain essential knowledge and skills that you will use for years to come. It includes some small group discussions and exercises, as well as private couple sharing.

Topics covered in this workshop include: Expectations of Marriage; Influences of Family of Origin; Communication Styles; Regulating Conflict; Commitment and Dedication; Values and Intimacy.

## Inventory Programs

FOCCUS (Facilitating Open Couple Communication Understanding & Study) and Prepare/Enrich involves an in-depth, user-friendly questionnaire designed to help you and your partner learn more about yourselves and your unique relationship.

After completing the questionnaire, you will spend time with a qualified Relationship Educator to discuss your responses and find strategies, based on research theories, to strengthen and enhance your relationship. These programs will help you develop skills and

knowledge to prepare you for your future together. This program is a more flexible option for couples who are unable to attend a group program.

Topics covered in the three-part program include: Lifestyle Expectations; Friends and Interests; Personality Match; Communication; Problem Solving; Spirituality and Values; Parenting Issues; Financial Issues; Family of Origin and Commitment and Dedication.

## Enhance

At times, we all need a bit of extra help to keep our relationship vibrant and on-track. Enhance is designed for couples to work with an educator in private session(s), where you will be provided with support to address specific issues or challenges in your relationship, based on evidenced informed research. However big or small the perceived issue, we can help. Couples often come to us to discuss re-igniting the spark, communication breakdown, destructive patterns, strengthening the friendship and building the emotional connectedness of the relationship.

All our programs are led by qualified, dedicated and award-winning relationship educators in a friendly, personal and relaxed setting and are open to everyone regardless of their age, gender, sexuality, religion and ethnicity.

If you think you would benefit from enhanced communication in your relationship, then contact us to have a friendly discussion about our services.

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CatholicCare Social Services Hunter-Manning offers care, assistance and empowerment opportunities to families and individuals regardless of their age, gender, physical and intellectual capacity, religion or ethnicity.

### Our services areas include:

- ▶ Disability Services
- ▶ Child, Family and Youth Services
- ▶ Counselling and Clinical Services
- ▶ Foster Care, Kinship Care, Open Adoption and Guardianship.

Our qualified and dedicated staff are committed to supporting people to define their goals, identify their strengths and access resources by developing collaborative, open, honest and transparent relationships. We encourage you to contact us to discover how we may be able to assist you and your loved ones.

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## Office Locations:

### Head Office

#### CatholicCare Mayfield

50 Crebert Street, Mayfield NSW 2304  
P (02) 4979 1120 F (02) 4961 6710

#### CatholicCare Maitland

2/212 High Street, Maitland NSW 2320  
P (02) 4015 2800 F (02) 4934 4378

#### CatholicCare Gloucester

47 King Street, Gloucester NSW 2422  
P (02) 6558 1777 F (02) 6558 1615

#### CatholicCare Cardiff

17 Kelton Street, Cardiff NSW 2285  
P (02) 4944 0700 F (02) 4944 0777

#### CatholicCare Taree

32-34 Pulteney Street, Taree NSW 2430  
P (02) 6539 5900 F (02) 6551 3715

#### CatholicCare Forster

33 Lake Street, Forster NSW 2428  
P (02) 6539 5900 F (02) 6551 3715

#### CatholicCare Singleton

16 Cambridge Street, Singleton NSW 2330  
P (02) 4015 2820

#### CatholicCare Muswellbrook

2 Francis Street, Muswellbrook NSW 2333  
P (02) 6542 4400

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Social Services  
Hunter-Manning  
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