

Relationship Education

The Diocese of Maitland-Newcastle offers a range of innovative and evidence-based marriage and relationship programs. Our trained facilitators explore intentional, connected and safe relationships to support couples at any stage of their journey to help build and maintain committed partnerships.

Our programs are informative and relevant to the needs of all couples, including those who:

- ▶ are soon to be married,
- ▶ do not intend to get married but still have a deep commitment to each other,
- ▶ are marking a significant wedding anniversary together.



The Marriage & Relationship Education Unit

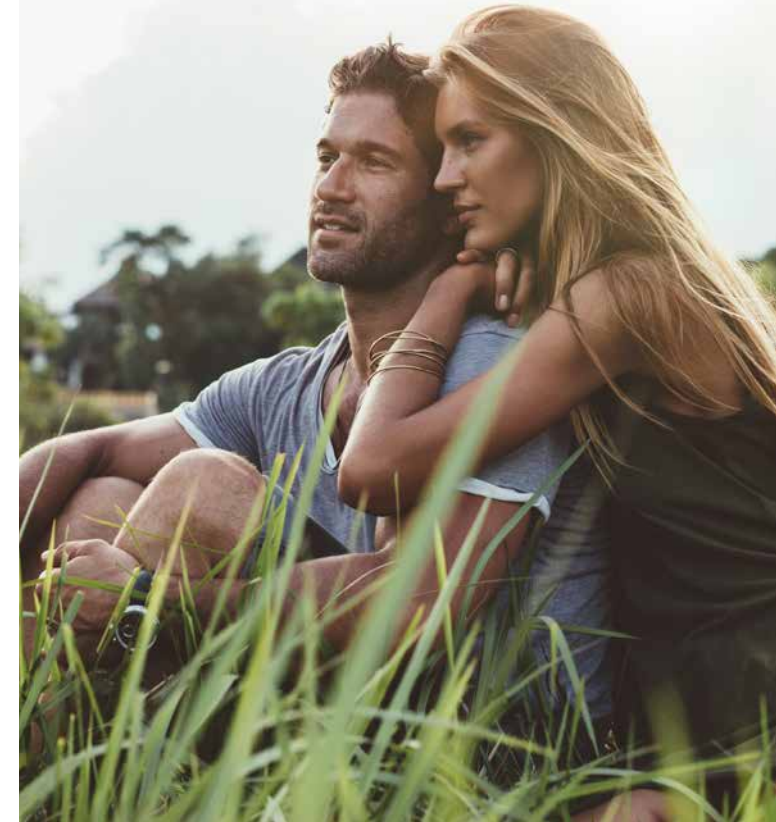
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Marriage and Relationship Education



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Before We Say I Do

This evidence-based, small 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 the presentation of research material from Drs John and Julie Gottman, Dr. William Doherty and Dr. Scott Stanley. You will have the opportunity to participate in exercises designed to encourage healthy communication and deeper connection.

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Everything the Facilitator presented to us, impacted our relationship positively to not only to challenge us individually but has brought us together and closer by ensuring we are accountable to the research.

“We thoroughly enjoyed the course, content and research more than we expected going into it. The private discussions were really fun and beneficial and allowed us to get to know each other more than we already did.

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E & C

Inventory Programs

FOCCUS (Facilitating Open Couple Communication Understanding & Study) and Prepare/Enrich involve a user-friendly online questionnaire designed to help you and your partner learn more about each other 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 the skills and knowledge to prepare for your future together. This is a more flexible option for couples unable to attend a group program.

Time for Us

At times, we all need a bit of extra help to keep our relationship vibrant and/or get back on-track. Time for Us sessions are designed for couples to work with a trained educator in private Zoom session(s) where you will be supported to address specific issues or challenges in your relationship based on evidence-informed research. Couples often come to us to discuss re-igniting the spark, communication breakdown, destructive patterns, strengthening the friendship and building their emotional connectedness.

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Whilst we may have thought we were going well as a couple Time for Us highlighted the need for us to revisit the expectations each of us held, historically and currently.

“The Facilitator was encouraging, inspiring and skillful, we completed the sessions with increased motivation, pride, and enjoyment in our most precious, loving relationship.

“We shared our experience with our adult children just to remind them of the importance of growing and nurturing your relationship

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J & K

Bringing Baby Home Workshop

This workshop helps couples to transition to their new role as parents. Sessions are led by an accredited facilitator trained to support expecting couples and new parents to:

Learn what to expect during the transition to parenthood and discover how to be the best parenting team possible. Couples will learn about child development and how to foster it, how to co-parent, and how to cope with conflict and indifference in positive ways. The program also speaks to the importance of maintaining couple friendship and intimacy during this transition period.

