



Marriage & Relationship
Education 2010

WHEN LOVE AND SKILL WORK TOGETHER,
EXPECT A MASTERPIECE.



CENTACARE
Catholic Family Services

www.centacaremelbourne.org

PARTNERSHIPS

This course consists of:

**2 consecutive Sundays OR 2 consecutive Saturdays
OR a Saturday and a Sunday
OR 4 weeknights.**

Partnerships is a marriage education program conducted in a group setting with up to 14 couples.

Sessions are designed for couples to explore their relationship strengths and differences. While most of the work is done as individual couples, participation in the group provides an enjoyable opportunity to meet and learn from other couples.

Some of the topics covered include:

Communication

What are the characteristics of good communication?
How do we respond to each other in a way that builds a strong marriage?

Conflict Management

How can appropriate management of our differences have a positive effect on our relationship?

Personality Differences

How can we appreciate the gift of each other's uniqueness?

Sacrament and Commitment

Can we recognise that our love for each other can be an expression of our spirituality? How do we make choices that help put our partner as our first priority and create a sense of one-ness?

Sexuality

How can we make our sexual relationship special in our married life?



PARTNERSHIPS WEEKENDS

Program number	Date	Day	Venue
P10.1	9 & 16 Jan	Saturday	East Melbourne
P10.2	10 & 17 Jan	Sunday	East Melbourne
P10.3	31 Jan & 7 Feb	Sunday	East Melbourne
P10.4	31 Jan & 7 Feb	Sunday	Heidelberg
P10.5	14 & 21 Feb	Sunday	East Melbourne
P10.6	14 & 21 Feb	Sunday	Malvern
P10.8	27 & 28 Feb	Sat/Sun	East Melbourne
P10.9	14 & 21 Mar	Sunday	East Melbourne
P10.10	14 & 21 Mar	Sunday	Mulgrave
P10.11	10 & 11 Apr	Sat/Sun	Greensborough
P10.12	11 & 18 Apr	Sunday	East Melbourne
P10.13	11 & 18 Apr	Sunday	Geelong
P10.15	1 & 2 May	Sat/Sun	East Melbourne
P10.16	8 & 15 May	Saturday	Bulleen
P10.17	16 & 23 May	Sunday	East Melbourne
P10.18	30 May & 6 June	Sunday	East Melbourne
P10.19	30 May & 6 June	Sunday	Malvern
P10.21	20 & 27 June	Sunday	East Melbourne
P10.22	20 & 27 June	Sunday	Greensborough
P10.23	26 & 27 June	Sat/Sun	Heidelberg
P10.24	10 & 11 July	Sat/Sun	East Melbourne
P10.25	18 & 25 July	Sunday	East Melbourne
P10.26	18 & 25 July	Sunday	Mulgrave
P10.27	24 & 31 July	Saturday	East Melbourne
P10.28	1 & 8 Aug	Sunday	East Melbourne
P10.29	1 & 8 Aug	Sunday	Geelong
P10.31	15 & 22 Aug	Sunday	East Melbourne
P10.32	15 & 22 Aug	Sunday	Heidelberg
P10.33	4 & 11 Sep	Saturday	Bulleen
P10.34	11 & 12 Sep	Sat/Sun	East Melbourne
P10.35	12 & 19 Sep	Sunday	Greensborough
P10.36	3 & 10 Oct	Sunday	East Melbourne
P10.37	3 & 10 Oct	Sunday	East Melbourne
P10.38	9 & 10 Oct	Sat/Sun	Heidelberg
P10.40	17 & 24 Oct	Sunday	Mulgrave
P10.41	17 & 24 Oct	Sunday	Malvern
P10.42	7 & 14 Nov	Sunday	East Melbourne
P10.43	7 & 14 Nov	Sunday	Geelong
P10.45	20 & 27 Nov	Saturday	Bulleen
P10.46	21 & 28 Nov	Sunday	East Melbourne
P10.47	5 & 12 Dec	Sunday	East Melbourne
P10.48	5 & 12 Dec	Sunday	Malvern

Time: 10.00am - 5.00pm

PARTNERSHIPS WEEKNIGHTS

Program number	Date	Day	Venue
P10.7	2, 4, 9 & 11 Mar	Tue/Thur	East Melbourne
P10.14	21, 28 Apr, 5 & 12 May	Wednesday	Malvern
P10.20	1, 8, 15 & 22 June	Tuesday	Templestowe
P10.30	2, 9, 16 & 23 Aug	Monday	Malvern
P10.39	12, 14, 19 & 21 Oct	Tue/Thu	East Melbourne
P10.44	11, 18, 25 Nov & 2 Dec	Thursday	Templestowe

Time: 7.15 pm - 10.00pm

For more details about the content of the Partnerships program, see our website.

Book online or complete attached registration form and send together with payment to Centacare.

For further enquiries, please phone: 9287 5516 or fax: 9287 5599

Program Cost Per Couple:

Both employed:	\$265
One employed, one unemployed or student:	\$225
Both unemployed or students:	\$175

Partnerships Cancellation Policy

In the event of cancellation, a refund will be paid less \$60 per couple administration fee. We regret that refunds cannot be given for cancellations notified within 10 days of the course or for days booked but not attended.

A \$40 administration fee will be charged to couples who wish to transfer to another program or to an alternative course for the second day. Notification must be given at least 10 days prior to the commencement of the program.

“Make fun a priority even if it is only short term, because you will not only increase the positives but will be better able to cope with the negatives.”

‘You and Me Equals We’
Rosemary Tilley

FOCCUS – Facilitating Open Couple Communication, Understanding and Study

FOCCUS is a program for couples who would like to reflect on their relationship in a more private setting.

It involves filling out an inventory and then working through the responses with a Marriage Educator. This program involves four one hour sessions.

There is no need to fill in a Registration Form.

For bookings, phone the regional office closest to you (listed below), or contact the co-ordinator. Phone 9287 5516 for further information.

Regional Offices	Bundoora	9466 7353	Dandenong	9793 2200
	Mitcham	9873 4344	Footscray	9689 3888
	Malvern	9576 2377	Geelong	5221 7055
	Ivanhoe	9287 5516	East Melbourne	9287 5516

General Enquiries 9287 5516

Program Cost Per Couple:

Both employed:	\$295
One employed, one unemployed or student:	\$265
Both unemployed or students:	\$200

For further information please visit www.centacaremelbourne.org or phone: 9287 5516 or fax: 9287 5599

FOCCUS Cancellation Policy

In the event of non-attendance or cancellation notified within 7 days of the commencement of the program, a \$60 administration fee will be charged.

PARTNERSHIPS...STAY TUNED! (Post-Wedding Follow Up)

Partnerships...Stay Tuned! is for all couples who have participated in Partnerships or FOCCUS.

This day is an opportunity for you to take time out for your relationship after the busy time preparing your wedding and settling into marriage. Why not invest a day in your marriage bank account?

The cost of this day is included in your Partnerships or FOCCUS fee.

This program will be offered in May and October. Dates to be advised.

Please book online or complete the registration form and send to Centacare.

For enquiries please visit www.centacaremelbourne.org or phone: 9287 5516 or fax: 9287 5599

EXCITING EXTRAS

- **Sacrament, Spirituality and Putting Out The Bins**
- **Money Habitudes**
- **What Is Your Love Language?**

These are one night sessions for couples either preparing for marriage or already married. They are an excellent **addition** to a program but do not constitute a Marriage and Relationship Education Program.

Session cost per couple:

For participants on a listed program:

Free

For other participants:

\$40 per session

Sacrament, Spirituality and Putting Out The Bins

This evening is in addition to one of the Partnerships or FOCCUS programs. The sacrament of marriage is the promise that a couple makes to each other not only on their wedding day but also on each day afterwards. This evening provides the opportunity for couples to explore their understanding of making their wedding vows a reality long after their wedding day.

Sac10.1	17 March	Wednesday	East Melbourne
Sac10.2	16 September	Thursday	East Melbourne

Time: 7.15pm – 9.30pm

Please book online or complete the registration form and send together with payment to Centacare.

For further information please visit www.centacaremelbourne.org or phone: 9287 5516 or fax: 9287 5599

Money Habitudes

This evening is designed to assist couples explore their habits and attitudes towards how money is managed in their lives and the values that underpin this. Couples will be able to readily engage in productive, insightful conversations which lead to a deeper understanding of each other.

MH10.1	15 April	Thursday	East Melbourne
MH 10.2	10 November	Wednesday	East Melbourne

Time: 7.15pm – 9.30pm

Please book online or complete the registration form and send together with payment to Centacare.

For further information please visit www.centacaremelbourne.org or phone: 9287 5516 or fax: 9287 5599

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What Is Your Love Language?

For all married and engaged couples.

Do you ever feel like you and your partner speak two different languages?

This evening will help you gain insight into your personal love language and help you identify and learn to understand your partner's unique love language.

LL10.1	27 May	Thursday	East Melbourne
LL10.2	25 August	Wednesday	East Melbourne

Time: 7.15pm – 9.30pm

Please book online or complete the registration form and send together with payment to Centacare.

For further information please phone: 9287 5516 or fax: 9287 5599

Bringing Your Baby Home

This program is for all couples who are pregnant or who have a baby under 12 months old.

Having a baby is an exciting period in a couple's life where a new relationship is built, new goals are set and new dreams are created.

The Bringing Your Baby Home Program assists to strengthen couples' communication and conflict resolution skills during the transition to parenthood. Couples will also have the opportunity to learn about child development and how to co-parent with their partner.

This one day program will be conducted in Sunshine, East Melbourne and Heidelberg. For details and further information please see website.

Time: 9.30 am – 3.30 pm

Please book online or complete the registration form and send to Centacare.

For further information please phone: 9287 5516 or fax: 9287 5599

*"Feed your marriage with positivity.
With kind words. With loving
kindness."*

*'What Happy Couples Do'
Bruess and Kudak*

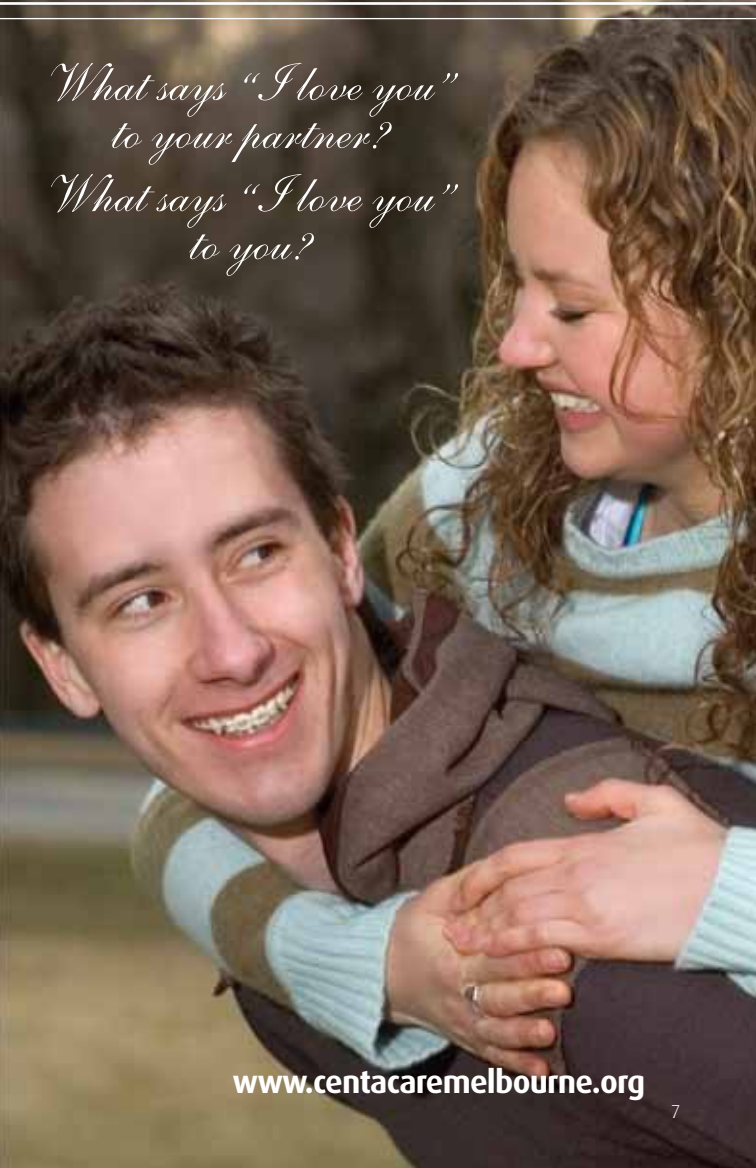
To register for any program (except FOCCUS)

- Book online or complete registration form (back of this brochure or download from website)
- Send with payment to Centacare Catholic Family Services
- All bookings will be confirmed by mail or email
- A second letter will be sent one week prior to program commencement giving venue address and other details.

Website: www.centacaremelbourne.org

*What says "I love you"
to your partner?*

*What says "I love you"
to you?*





What
is your
favourite
story
about
you as a
couple?

What
will keep
your
romance
alive?

OTHER SERVICES AND PROGRAMS

The Marriage and Relationship Education Unit is available to conduct programs for schools, parishes, deaneries and community groups.

A range of marriage enrichment programs is conducted by the Marriage and Relationship Education team. They are designed for couples at varying stages of their relationships. For details of these exciting programs, contact the office for a brochure or visit www.centacaremelbourne.org

Marriage & Relationship Education

Centacare Catholic Family Services
PO Box 196
East Melbourne Vic 8002
Ph: 9287 5516
Fax: 9287 5599

Email: Karin.Kaiser@centacaremelbourne.org.au

Centacare Catholic Family Services' Marriage and Relationship Education Unit is approved and funded by the Commonwealth Government and the Catholic Archdiocese of Melbourne.

Marriage & Relationship Education 2010

Congratulations on your decision to participate in a program!

No doubt you are looking forward to your future together with a sense of excitement and expectation. As is commonly recognised, marriages and relationships don't just happen – they require an investment of energy, time and skill.

Centacare Marriage and Relationship Education programs offer you an opportunity to spend some time reflecting on your relationship, identifying your strengths and challenges and further developing your skills.

Take time to read this brochure together and choose the program or programs most appropriate to your needs as a couple.

For more information on these programs see our website.

Pre-marriage education programs

- Partnerships pgs 2-3
- FOCCUS pg 4

Additional programs

- Partnerships ... Stay Tuned (post wedding) pg 4
- Sacrament, Spirituality and Putting Out The Bins pg 5
- Money Habitudes pg 5
- What Is Your Love Language? pg 6
- Bringing Your Baby Home pg 6

Take time to also consider the post wedding program – Partnerships...Stay Tuned! The cost of this program is included in your registration fee for Partnerships and FOCCUS.

Book early!

In order to gain the most value for your relationship, it is important that you book into a program when you make the decision to marry. Couples are encouraged to book early as programs often book out months in advance.

In this brochure there are questions for you to discuss, to have fun with and to enrich your relationship.

**Marriage & Relationship Education
Centacare Catholic Family Services**

PO Box 196

East Melbourne Vic 8002

Ph: 03 9287 5516 Fax: 03 9287 5599

www.centacaremelbourne.org

Comments

"Coming into the course I was sceptical. However I can't praise the course highly enough. Enjoyed every aspect of it and it was great to meet other couples in a similar situation to us."

"The educators were awesome! They had a deep respect for each individual. The course was very insightful and helpful."

"The whole course was beneficial and I would recommend it to any couple contemplating marriage."

"We had fun!"

"The (FOCCUS) facilitator was very professional and easy to talk to. Gained more insight into our relationship. Three people have said it was beneficial."

"Found the whole course beneficial as it made us really think and discuss aspects about our relationship which we may have taken for granted."

Vision

"I have come that you may have life and have it to the full." (John 10:10)

Our Commitment

Centacare strives to maintain the dignity of each person and family in all their diversity. All cultures, religious beliefs and personal values are respected.



ABN 42 795 179 778

Centacare seeks to serve the community in all its diversity.

See our web site at www.centacaremelbourne.org to read our Mission Statement and learn more about our wide range of professionally delivered programs/services and locations in metropolitan Melbourne and Geelong.

REGISTRATION FORM

Ms/Miss/Mrs First Name _____
 Preferred name for name tag _____
 Surname _____ Age _____
 Occupation _____
 Language most frequently used _____
 Religion _____
 Is this your first marriage? Yes No
 Do you have children? Yes No
 Do you and your partner live together? Yes No
 We/I wish to attend program code:

Mr First Name _____
 Preferred name for name tag _____
 Surname _____ Age _____
 Occupation _____
 Language most frequently used _____
 Religion _____
 Is this your first marriage? Yes No
 Do you have children? Yes No
 Do either of you have any special needs that would be helpful for us to know? _____

CONTACT DETAILS

Address _____
 Suburb _____ Postcode _____
 Email _____
 Telephone (9.00am - 5.00pm) _____
 Ask for _____
 Mobile No. _____
 Ask for _____
 Date of marriage (if applicable) _____
 Celebrant _____
 I am happy to be contacted with information about other programs Yes No

PAYMENT DETAILS

I enclose my cheque/money order made payable to Centacare Catholic Family Services
 Please debit my credit card details
Amount: \$ _____
 Mastercard Visa

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 Cardholder's Name _____
 Signature _____ Expiry Date _____
 Cardholder's Address _____
 Suburb _____ Postcode _____

Please return by fax to: 9287 5599

or by post to:

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