

BANKSTOWN

Family Relationship Centre
8 Jacobs Street, Bankstown
3 consecutive Mondays 7-9.30pm

BT1901	Feb	4,	11	&	18
BT1902	Apr	1,	8	&	15
BT1903	May	13,	20	&	27
BT1904	Sept	2,	9	&	16
BT1905	Nov	11	18	&	25

BEVERLY HILLS

Regina Coeli Parish Primary School Hall
2 Tarilli Street, Beverly Hills
3 consecutive Tuesdays 7-9.30pm

BH1901	Mar	5,	12	&	19
BH1902	May	7,	14	&	21
BH1903	Oct	15,	22	&	29
BH1904	Nov/Dec	26,	3	&	10

HOXTON PARK *

Good Shepherd Primary School
Reading Recovery room

21 Twentieth Ave, Hoxton Park
Monday 7-9.30pm & Sunday 9:30am- 4:00 pm

HP1901	Jan	14	&	20
HP1902	Feb	11	&	17
HP1903	Mar	11	&	17
HP1904	Apr	8	&	14
HP1905	May	13	&	19
HP1906	Jun	17	&	23
HP1907	Jul	8	&	14
HP1908	Aug	12	&	18
HP1909	Sept	9	&	15
HP1910	Oct	14	&	20
HP1911	Nov	4	&	10
HP1912	Dec	9	&	15

Please note:

Some courses scheduled for Hoxton Park in 2019 may be relocated to the alternative address below, due to school requirements.

LIVERPOOL

CatholicCare
Level 3, 203-209 Northumberland St
Liverpool NSW 2170

Please obtain further information from our staff at the time of booking.

MRE GROUP COURSE Becoming One CALENDAR 2019

HUNTERS HILL

Holy Name of Mary Parish Hall
3A Mary Street, Hunters Hill
Tuesday 7-9.30pm & Sunday 10.30am-5:00pm

HH1901	Jan/Feb	29	&	3
HH1902	Feb/Mar	26	&	3
HH1903	Mar	19	&	24
HH1904	May	14	&	19
HH1905	Jun	18	&	23
HH1906	Jul	16	&	21
HH1907	Sept	17	&	22
HH1908	Oct	15	&	20
HH1909	Nov/Dec	26	&	1

INNER WEST

CatholicCare Mary Potter Centre
2C West Street (corner Thomas Street)
Lewisham
Tuesday 7-9.30pm & Sunday 9:30am - 4:00pm

IW1901	Jan/Feb	29	&	3
IW1902	Feb	19	&	24
IW1903	Mar	19	&	24
IW1904	Apr	23	&	28
IW1905	May	21	&	26
IW1906	Jun	11	&	16
IW1907	Jul	2	&	7
IW1908	Jul/Aug	30	&	4
IW1909	Aug	20	&	25
IW1910	Sept	24	&	29
IW1911	Oct	22	&	27
IW1912	Nov	19	&	24
IW1913	Dec	10	&	15

Please note that sometimes, due to insufficient enrolments, a course may be cancelled or postponed. You will be contacted and we will make alternative arrangements or provide a full refund.

LEICHHARDT

St. Fiacre's Parish Hall
96 Catherine Street, Leichhardt
3 consecutive Wednesdays 7-9.30pm

LH1901	Feb/Mar	27,	6	&	13
LH1902	May	1,	8	&	15
LH1903	Aug	7,	14	&	21
LH1904	Oct	2,	9	&	16

MIRANDA

Our Lady Star of the Sea Parish Centre
50 Kiara Road, Miranda
3 consecutive Thursdays 7-9.30pm

MI1901	Feb	7,	14	&	21
MI1902	Jun	6,	13	&	20
MI1903	Aug	8,	15	&	22

SYDNEY CITY

CatholicCare The Polding Centre
Level 8, 133 Liverpool Street, Sydney

SY1901	Jan	17	&	19
SY1902	Feb	7	&	9
SY1903	Mar	7	&	9
SY1904	Apr	4	&	6
SY1905	May	9	&	11
SY1906	Jun	6	&	8
SY1907	Jul	11	&	13
SY1908	Aug	8	&	10
SY1909	Sep	5	&	7
SY1910	Oct	10	&	12
SY1911	Nov	7	&	9
SY1912	Dec	5	&	7

WAVERLEY

Mary Immaculate Parish Rectory Hall
45a Victoria Street, Waverley
3 consecutive Mondays 7-9.30 pm

WY1901	Feb	4,	11	&	18
WY1902	Mar	4,	11	&	18
WY1903	Apr	1,	8	&	15
WY1904	May	13,	20	&	27
WY1905	Jul	8,	15	&	22
WY1906	Aug	12,	19	&	26
WY1907	Sept	16,	23	&	30
WY1908	Oct	14,	21	&	28
WY1909	Nov	11,	18	&	25

MRE Group Course Becoming One

In 2019, we are presenting a newly revised course curriculum which incorporates the most up to date research on marriage and relationships, with experiential learning activities and exercises and coaching from our professional experienced educators.

The Becoming One Group Course is suitable for a wide range of couples, from younger couples who may not be living together to those who have been in a relationship for a longer period of time.

The Group Course format is 3 weeknights or a weeknight/Saturday or Sunday format (please see Course Calendar).

The overall focus of the Group Course is shifting couples' focus from preparations for their Big Day to the Bigger Picture—living the Sacrament of Marriage.

Key topics explored in the course are:

- Dr John Gottman's Sound Relationship House – the 7 principles of building a stable healthy relationship
- Love Languages
- Family of Origin
- Attachment in Adult Relationships
- Emotional Regulation in Conflict
- Warning Signs in Communication and Antidotes
- Communication Skills, including the Speaker-Listener Technique
- Digital Distractions in Relationships
- Values, Rituals of Connection and building a Shared Vision of Marriage

The Group Course concludes with Sacramental Session and a Natural Fertility Services presentation, offering insights into Church teachings on marriage and family life.



All venues have toilet facilities and access for the mobility impaired. Please inform administrative staff at the time of booking if any assis-

MRE Couple Course *Intimate II*

This course involves a couple meeting with a facilitator over 3 sessions of approximately 1.5 hours in length.

This course is more suitable for couples in a longer term relationship, who may have children together or from a previous relationship, and who may have been married before. It is also suitable for married couples seeking to strengthen their relationship.

The couple completes an online Prepare-Enrich Questionnaire prior to attendance. The online questions are chosen according to the unique couple relationship circumstances, for example, a second marriage, different cultural or religious traditions, parenting, inter-generational and health issues.

The resulting Customised report highlights the strength and growth areas of the relationship. The Prepare inventory is not designed to predict the future of a marriage, but is a tool which helps the couple to discuss specific issues, with the assistance of a professional facilitator. To find out more, visit: www.prepare-enrich.com. Referrals for additional support are also available.

This course is offered in **Bankstown, Fairfield, Lewisham, Liverpool, Sydney City, the St George area and Waverley.**

Times and dates are arranged between the couple and their facilitator.

Please note that allow sufficient time for report processing and allocation of facilitator, we need at least 8 weeks notice prior to your wedding date.

During the busier months of the year, we also may not be able to meet your first preference of venue, and waiting times may apply.

CANCELLATION AND REFUND POLICY

If you are unable to attend part of a course, please ring the office without delay to discuss alternative sessions you could attend, or arrange for a letter to be issued instead of a Certificate of Attendance.

The initial request to be transferred into a different course will attract no penalty, provided **7 days** notice is given by the client. Subsequent requests for transfer will attract a **\$60** administrative fee

GROUP COURSE CANCELLATIONS

Cancellations requested by clients 7 or more days before the first session of a group course attract a full refund. Cancellations requested less than 7 days before the first session of the course attract a **\$60** administrative fee, and the remainder of fees is refunded.

Non-attendance without prior communication negates the possibility of a refund as the couple had taken a space in a course that would have otherwise been filled by another couple.

COUPLE COURSE CANCELLATIONS

If the couple has not completed the Prepare-Enrich inventory, a full refund is provided. If the couple completed the inventory and a report had been generated, the **\$30** Prepare/Enrich processing fee and a **\$60** administrative fee are retained, and the remainder of fees is refunded. Non-attendance without prior communication negates the possibility of a refund.

Exceptional circumstances will be considered on a case-by-case basis.

COURSE FEES

Group Course—Becoming One \$350

Couple Course—Intimate Two \$450

A concession rate is available for holders of a current Commonwealth Government Healthcare Card.

BOOKING INFORMATION

Phone **9509 1234**

email **mre@catholiccare.org**

Our business hours are
Monday to Friday 9am to 4.30pm.

If all lines are busy, please leave a message with your name, phone number and nature of your enquiry, so that we are able to return your call.

For more information about the CatholicCare Marriage and Relationship Education program, please visit our website,

www.catholiccare.org