

# MRE Group Course Becoming One Calendar 2019

## BANKSTOWN

Family Relationship Centre  
8 Jacobs Street, Bankstown

**3 consecutive Mondays 7-9.30pm**

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

## BEVERLY HILLS

Regina Coeli Parish Primary School Hall  
2 Tarilli Street, Beverly Hills

**3 consecutive Tuesdays 7-9.30pm**

|               |         |     |    |   |    |
|---------------|---------|-----|----|---|----|
| <b>BH1701</b> | Mar     | 5,  | 12 | & | 19 |
| <b>BH1702</b> | May     | 7,  | 14 | & | 21 |
| <b>BH1703</b> | Oct     | 15, | 22 | & | 29 |
| <b>BH1704</b> | Nov/Dec | 26, | 3  | & | 10 |

## HUNTERS HILL

Holy Name of Mary - Parish Hall  
3A Mary Street, Hunters Hill

**Tuesday 7-9.30pm & Sunday 10.30am-4.30pm**

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

## INNER WEST

CatholicCare Mary Potter Centre  
2C West Street, Lewisham (corner of Thomas Street)

**Tuesday 7-9.30pm & Sunday 9.30am-3.30pm**

|               |         |    |   |    |
|---------------|---------|----|---|----|
| <b>IW1901</b> | Jan/Feb | 29 | & | 3  |
| <b>IW1902</b> | Feb     | 19 | & | 24 |
| <b>IW1903</b> | Mar     | 19 | & | 24 |
| <b>IW1904</b> | Apr     | 23 | & | 28 |
| <b>IW1905</b> | May     | 21 | & | 26 |
| <b>IW1906</b> | Jun     | 11 | & | 16 |
| <b>IW1907</b> | Jul     | 2  | & | 7  |

## INNER WEST CONTINUED

|               |         |    |   |    |
|---------------|---------|----|---|----|
| <b>IW1908</b> | Jul/Aug | 30 | & | 4  |
| <b>IW1909</b> | Aug     | 20 | & | 25 |
| <b>IW1910</b> | Sept    | 24 | & | 29 |
| <b>IW1911</b> | Oct     | 22 | & | 27 |
| <b>IW1912</b> | Nov     | 19 | & | 24 |
| <b>IW1913</b> | Dec     | 10 | & | 15 |

## LEICHHARDT

St. Fiacre's Parish Hall  
96 Catherine Street, Leichhardt

**3 consecutive Wednesdays 7-9.30pm**

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

## LIVERPOOL

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

**Monday 7-9.30pm & Sunday 9:30am-3.30pm**

|               |         |    |   |    |
|---------------|---------|----|---|----|
| <b>LP1901</b> | Jan     | 14 | & | 20 |
| <b>LP1902</b> | Feb     | 11 | & | 17 |
| <b>LP1903</b> | Feb/Mar | 25 | & | 3  |
| <b>LP1904</b> | Mar     | 11 | & | 17 |
| <b>LP1905</b> | Mar     | 25 | & | 31 |
| <b>LP1906</b> | Apr     | 8  | & | 14 |
| <b>LP1907</b> | May     | 13 | & | 19 |
| <b>LP1908</b> | May/Jun | 27 | & | 2  |
| <b>LP1909</b> | Jun     | 17 | & | 23 |
| <b>LP1910</b> | Jul     | 8  | & | 14 |
| <b>LP1911</b> | Aug     | 12 | & | 18 |
| <b>LP1912</b> | Sept    | 9  | & | 15 |
| <b>LP1913</b> | Sept    | 23 | & | 29 |
| <b>LP1914</b> | Oct     | 14 | & | 20 |
| <b>LP1915</b> | Nov     | 4  | & | 10 |
| <b>LP1916</b> | Dec     | 9  | & | 15 |



All venues have toilet facilities and access for the mobility impaired.

Please inform administrative staff at the time of booking if any assistance will be required.

## MIRANDA

Our Lady Star of the Sea Parish Centre  
50 Kiara Road, Miranda

**3 consecutive Thursdays 7-9.30pm**

|               |     |    |    |   |    |
|---------------|-----|----|----|---|----|
| <b>MI1901</b> | Feb | 7, | 14 | & | 21 |
| <b>MI1902</b> | Jun | 6, | 13 | & | 20 |
| <b>MI1903</b> | Aug | 8, | 15 | & | 22 |

## SYDNEY CITY

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

**Thursday 7-9.30pm & Saturday 9.30am-3.30pm**

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

## WAVERLEY

Mary Immaculate Parish Rectory Hall  
45a Victoria Street, Waverley

**3 consecutive Mondays 7-9.30pm**

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

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.

## 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.

## 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—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.

## 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, intergenerational 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](http://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 to 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.

## Course Fees

|                                |       |
|--------------------------------|-------|
| Group Course—<br>Becoming One  | \$350 |
| Couple Course—<br>Intimate Two | \$450 |

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

### Booking Information



**9509 1234**

MONDAY - FRIDAY 9AM TO 4:30PM



[mre@catholiccare.org](mailto:mre@catholiccare.org)

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 Relationship Education program, please visit our website:

[www.catholiccare.org](http://www.catholiccare.org)

