

MRE Group Course Becoming One Calendar 2022

MRE Group Course Becoming One

CatholicCare's Becoming One course combines evidence-based research on marriage and relationships with experiential activities and coaching by professional experienced educators.

The Becoming One Group Course is suitable to couples ranging from younger engaged couples who may not be living together to those who have been in a relationship for a longer period of time, to couples considering marriage and wanting to strengthen their relationship skills.

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

The overall focus of the Group Course is shifting couples' focus to the Bigger Picture of building and sustaining a lasting healthy marriage. Key topics explored in the course are:

- The Sound Relationship House – the 7 principles of building a stable healthy relationship
- Love Languages
- Family of Origin
- Attachment in Adult Relationships
- Influences in Conflict
- Communication Warning Signs
- 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. **These presentations are compulsory for those requiring a Certificate of Attendance for the referring Priest.**

LEWISHAM

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

**Tues/ Wed 7-9.30pm & Saturday
9:30am - 3:30pm**

**OR 3 consecutive Tuesdays/ Wednesdays
7-9.30pm**

LW2201	Jan	19	&	22
LW2202	Mar	1	&	5
LW2203*	Apr	6	&	20
LW2204	May	3	&	7
LW2205	Jun	14	&	18
LW2206	Jul	19	&	23
LW2207*	Aug	16	&	30
LW2208	Sep	20	&	24
LW2209*	Oct	12	&	26
LW2210	Nov	15	&	19

LIVERPOOL

CatholicCare
Level 3, 203-209 Northumberland St.,
Liverpool

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

LP2201	Jan	10	&	16
LP2202	Feb	7	&	13
LP2203	Feb/Mar	28	&	6
LP2204	Mar	21	&	27
LP2205	Apr	4	&	10
LP2206	May	9	&	15
LP2207	May/Jun	30	&	5
LP2208	Jun	20	&	26
LP2209	Jul	4	&	10
LP2210	Jul	25	&	31
LP2211	Aug	15	&	21
LP2212	Sep	5	&	11
LP2213	Sep	19	&	25
LP2214	Oct	10	&	16
LP2215	Oct/Nov	31	&	6
LP2216	Nov	21	&	27
LP2217	Dec	5	&	11

SYDNEY CITY

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

3 consecutive Thursdays 6.30pm-9pm

SY2201*	Feb	3	10	&	17
SY2202*	Mar	10	17	&	24
SY2203*	May	5	12	&	19
SY2204*	Jun	9	16	&	23
SY2205*	Jul	7	14	&	21
SY2206*	Aug	4	11	&	18
SY2207*	Sep	8	15	&	22
SY2208*	Oct	6	13	&	20
SY2209*	Nov	10	17	&	24

WAVERLEY

Mary Immaculate Parish Rectory Hall
45a Victoria Street, Waverley

3 consecutive Mondays 7-9.30 pm

WY2201	Mar	7	14	&	21
WY2202	July	4	11	&	18
WY2203	Oct	10	17	&	24

HUNTERS HILL

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

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

HH2201	Feb	1	&	6
HH2202	Mar/Apr	29	&	3
HH2203	May	17	&	22
HH2204	Jun/Jul	28	&	3
HH2205	Aug	16	&	21
HH2206	Sep/Oct	27	&	2
HH2207	Nov	1	&	6

ZOOM ONLINE

Please read dates carefully

Weeknight sessions 7-9.30pm

Depending on demand, we will open up extra Zoom groups throughout the year. If your preferred group is unavailable, you may be offered a group which is not advertised on this calendar.

ZM2201	Jan	11	18	&	25
ZM2202	Feb	9	16	&	23
ZM2203	Mar	9	16	&	23
ZM2204	Apr	12	19	&	26
ZM2205	May	11	18	&	25
ZM2206	Jun	15	22	&	29
ZM2207	Jul	12	19	&	26
ZM2208	Aug	17	24	&	31
ZM2209	Sep	14	21	&	28
ZM2210	Oct	4	11	&	18
ZM2211	Nov	2	9	&	16
ZM2212	Nov/Dec	29	6	&	13

A note about COVID-19

At the time of printing, it is unclear how the ongoing covid-19 pandemic will impact on our ability to run groups as advertised. At any time, your face to face group may be replaced by a Zoom group depending on government regulations. We will endeavor to keep you informed about any changes to your group with as much time as possible.

We are also committed to keeping our face to face groups covid safe. This includes limiting the number of people in groups, taking temperatures upon arrival, and the availability of hand sanitiser. **IF YOU ARE UNWELL**, please do not attend your session and contact admin on 9509 1234 as soon as possible.

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.

* Courses with an asterisk indicate dates which also offer Couple Clinics (see overleaf)



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.

Individual Couple Sessions

Couple sessions involve one couple meeting with a facilitator over 3 sessions of approximately 1.5 hours in length.

These sessions are 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. Referrals for additional support are also available.

Intimate II

Intimate II is offered in Bankstown, Fairfield, Lewisham, Liverpool, Sydney City, Miranda, Waverley and Zoom.

Times and dates are arranged between the couple and their facilitator. Please note that to allow sufficient time for report processing and allocation of facilitator, we need at least 8 weeks notice prior to your wedding date to complete the sessions.

Couple Clinics

Couple Clinics are offered at Lewisham and Sydney City on the asterix dates advertised for Becoming One, with the option of 6pm or 7.30pm starts. One facilitator will see two couples in one night, one after the other. If only one couple books in, you may be offered a different date so that two couples are always seen by the facilitator in one night.

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

Becoming One

Cancellations requested 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.

Intimate II & Couple Clinics

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, a \$60 administrative fee is retained, and the remainder of fees is refunded.

Non-attendance without prior communication negates the possibility of a refund.

If a couple cancels a session less than 24 hours before a scheduled session, a \$100 administrative processing fee will apply to reschedule.

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

Course Fees

Group Course—Becoming One	\$400
Couple Course—Intimate Two	\$525
Couple Course—Couple Clinic	\$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

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