



## Pre-marriage Education

*Congratulations on taking this next step in your relationship.*

Our program offers you an opportunity to explore your couple relationship with the assistance of a professionally trained educator who can assist you in preparing for the journey ahead.

### What is Pre-marriage Education?

Pre-marriage education is an opportunity to stop and focus on your relationship prior to taking this next important step. This process equips couples with some conflict resolution and communication strategies which can assist people as they navigate a life together. It seeks to identify the strengths and challenges in your relationship as informed by current research in this area.

### Who Should Attend?

- Engaged couples
- Couples who are considering making a life long commitment to each other
- Couples considering marriage or changing living arrangements
- Couples who are living together

### About the Programs

We have two distinct ways we offer this program:

#### 1. Time For Us

This is a series of 3 or 4 sessions attended by you the couple and one of our educators. We use an inventory called FOCCUS which you complete in your first session and is a great springboard to start discussions. The sorts of issues we discuss include but are not limited to your expectations, communication patterns, managing differences, conflict resolution, children, religion and finances.

#### 2. Is Love Enough?

Is great for those who enjoy working with others and exploring a variety of issues in a group forum. It is run as a group session on a Friday evening AND Saturday. This group session is based on current research about what makes long term relationships successful. A variety of topics are explored including communication, problem solving and resolving conflict and this forum gives couples the opportunity to explore those issues with other couples.

### When Should We Attend?

For those couples with wedding dates already set, pre-marriage education is best undertaken six months prior. However, we realise that is not always feasible and Centacare will be as flexible as possible in accommodating your individual circumstances.

### How To Book

#### 1. Time For Us

**Times:** Appointments are available between 5.00pm to 9.00pm on Wednesday and Thursday evenings. (Day time appointments may be available upon request)

**Location:** 45 Wakefield Street, Adelaide

**Fees:** please refer to attached sheet

#### 2. Is Love Enough?

**Times:** Friday evening 7.00pm to 10.00pm and Saturday 10.00am to 4.00pm (both sessions to be attended) See attached sheet for this years dates.

**Location:** 33 Wakefield Street, Adelaide

**Fees:** please refer to attached sheet

For bookings, please contact Centacare on 8210 8200.

**Please book early to ensure appointment availability.**



## Pre-marriage Education

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# Centacare

## PRE-MARRIAGE EDUCATION

Centacare's Family Relationship Services offer a wide variety of courses, workshops and groups designed to support strong and healthy relationships. These include:

### Parenting Programs

A variety of programs incorporating the stages of children's development and the issues faced by parents. The programs also focus on the relationship between parents/carers and children.

### Counselling Services

Centacare offer a variety of personal and family counselling options. Our counsellors are trained to assist couples experiencing difficulties in their relationships. Evidence suggests that addressing a problem early gives couples a greater chance of incorporating strategies to assist them to manage differences and build strong healthy relationships.

### Post-Separation Programs

Programs to support adults and children during and after the process of relationship separation.



**Centacare**  
Catholic Family Services

Disability

Families, Youth and Children

Health and Wellbeing

Employment, Education and Training

Homelessness



#### A Child Safe Organisation

Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.



**Statement regarding the traditional owners of the land.**  
For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



#### Quality Assurance

Centacare is a nationally accredited organisation assessed against the Quality Improvement Council (QIC) Australian Health & Community Services Core Standards and the Community Services Standards.

