

MRE Group Course Becoming One Calendar 2020

BEVERLY HILLS

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

BH2001	Mar	3	10	&	17
BH2002	May	5	12	&	19
BH2003	Sept	8	15	&	22
BH2004	Nov	3	10	&	17

HUNTERS HILL

Holy Name of Mary Parish Hall
3A Mary Street, Hunters Hill
Tuesday 7-9.30pm & Sunday 10.30am-4.30pm

HH2001	Jan	14	&	19
HH2002	Feb	11	&	16
HH2003	Mar/Apr	31	&	5
HH2004	May	12	&	17
HH2005	Jun/Jul	30	&	5
HH2006	Aug	4	&	9
HH2007	Sept	15	&	20
HH2008	Nov	17	&	22

LEICHHARDT

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

LH2001	Feb	12	19	&	26
LH2002	May	6	13	&	20
LH2003	Aug	12	19	&	26
LH2004	Oct	7	14	&	21

LEWISHAM

CatholicCare Mary Potter Centre
2C West Street (corner Thomas Street), Lewisham
Tuesday 7-9.30pm & Sunday 9:30am - 3:30pm

LW2001	Jan/Feb	28	&	2
LW2002	Feb/Mar	25	&	1
LW2003	Mar/Apr	31	&	5
LW2004	Apr/May	28	&	3
LW2005	Jun	16	&	21
LW2006	Jul	21	&	26
LW2007	Aug	18	&	23
LW2008	Sept	8	&	13
LW2009	Oct	20	&	25
LW2010	Dec	8	&	13

LIVERPOOL

CatholicCare
Level 3, 203-209 Northumberland St, Liverpool
Monday 7-9.30pm & Sunday 9:30am-3.30pm

LP2001	Jan	13	&	19
LP2002	Feb	3	&	9
LP2003	Feb	17	&	23
LP2004	Mar	2	&	8
LP2005	Mar	23	&	29
LP2006	Apr	20	&	26
LP2007	May	11	&	17
LP2008	May	25	&	31
LP2009	Jun	15	&	21
LP2010	Jul	13	&	19
LP2011	Aug	3	&	9
LP2012	Aug	24	&	30
LP2013	Sept	7	&	13
LP2014	Sept	21	&	27
LP2015	Oct	19	&	25
LP2016	Nov	9	&	15
LP2017	Nov	23	&	29
LP2018	Dec	7	&	13

MIRANDA

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

MI2001	Feb	6	13	&	20
MI2002	Jun	11	18	&	25
MI2003	Aug	13	20	&	27

SYDNEY CITY

CatholicCare The Polding Centre
Level 8, 133 Liverpool Street, Sydney
Thursday 7-9.30pm & Saturday 9.30am-3.30pm

SY2001	Jan	16	&	18
SY2002	Feb	20	&	22
SY2003	Mar	19	&	21
SY2004	Apr	16	&	18
SY2005	Jun	11	&	13
SY2006	Jul	16	&	18
SY2007	Aug	13	&	15
SY2008	Sep	17	&	19
SY2009	Oct	15	&	17
SY2010	Nov	12	&	14
SY2011	Dec	3	&	5

WAVERLEY

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

WY2001	Feb	3	10	&	17
WY2002	Mar	9	16	&	23
WY2003	May	4	11	&	18
WY2004	Jul	6	13	&	20
WY2005	Aug	10	17	&	24
WY2006	Oct	12	19	&	26
WY2007	Nov/Dec	23	30	&	7



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.

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.

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 plus 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
- Sacrament of Marriage*
- Family Planning*

* These presentations are compulsory for those requiring a Certificate of Attendance for their referring Priest.

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. Referrals for additional support are also available.

This course is offered in **Bankstown, Fairfield, Lewisham, Liverpool, Sydney City, the St George /Sutherland 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.

Please note that if you require a Certificate of Attendance for your Priest, you are invited to attend a Church Teachings presentation on marriage and family planning. You can choose from a range of dates and venues for this session when you book.

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



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 Relationship Education program, please visit our website:

www.catholiccare.org

