

MRE Group Course Becoming One Calendar 2023

JANUARY

LP2301	16	22	
ZM2301	17	24	31
LW2301	24	28	

FEBRUARY

LW2302	2	9	16
LP2302	6	12	
ZM2302	8	15	22
ZM2303	14	21	28
LW2303	21	25	
LP2303	28	Mar 5	

MARCH

LW2304	2	9	16
ZM2304	8	15	22
ZM2305	13	20	27
LW2305	14	18	
LP2304	21	26	

APRIL

ZM2306	12	19	26
LW2306	13	20	27
LP2305	17	23	

MAY

LW2307	4	11	18
LP2306	8	14	
ZM2307	10	17	24
ZM2308	16	23	30
LP2307	23	28	

JUNE

ZM2309	8	15	22
LP2308	13	18	
ZM2310	13	20	27
LW2308	14	17	

JULY

ZM2312	4	11	18
LW2309	5	8	
LW2310	6	13	20
LP2309	17	22	
ZM2311	19	26	Aug 2

AUGUST

ZM2314	8	15	22
LW2311	16	19	
ZM2313	17	24	31
LP2310	21	27	
LW2312	31	Sep 7 &	14

SEPTEMBER

ZM2315	5	12	19
LP2311	5	10	
ZM2316	14	21	28
LP2312	18	24	
LW2313	20	23	

OCTOBER

ZM2315	4	11	18
LW2314	10	14	
ZM2317	12	19	26
LP2313	16	22	
ZM2318	17	24	31

NOVEMBER

ZM2320	Oct 31	Nov 7 &	14
LW2316	2	9	16
LP2314	6	12	
ZM2319	15	22	29
LP2315	27	Dec 3	

DECEMBER

ZM2321	Nov 28	Dec 5	
LW2317	6	9	

ZOOM ONLINE (code ZM)

Please read dates carefully—
Weeknight sessions 7-9.30pm

LEWISHAM (code LW)

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

Weeknights 7-9.30pm & Saturday
9:30am - 3:30pm

OR

3 consecutive weeknights 7-9.30pm

LIVERPOOL (code LP)

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

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

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.

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 +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.**



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.

Intimate II

Intimate II involves 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 is offered in **Bankstown, Fairfield, Lewisham, Liverpool, Sydney City, 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.

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

CANCELLATIONS AND REFUNDS

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

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

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

Booking Information

 **9509 1234**

 mre@catholiccare.org

Our business hours are **Monday to Thursday 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