

MRE Group Course Becoming One Calendar 2024

JANUARY

ZM2401	16	23	30
LW2401	17	20	
LP2401	22	28	

FEBRUARY

ZM2402	8	15	22
LW2402	14	17	
LP2402	19	25	
LW2403	21	28	Mar 6

MARCH

ZM2403	5	12	19
LP2403	11	17	
LW2404	13	16	

APRIL

ZM2404	4	11	18
LW2405	10	13	
LW2406	9	16	23
LP2404	22	28	

MAY

ZM2405	7	14	21
LW2407	15	18	
LP2405	20	26	
LW2408	22	29	Jun 5

JUNE

ZM2406	6	13	20
LW2409	12	15	
LP2406	17	23	
LW2410	19	26	Jul 3

JULY

ZM2407	9	16	23
LW2411	17	20	
LP2407	22	28	
LW2412	24	31	Aug 7

AUGUST

ZM2408	8	15	22
LW2413	14	17	
LP2408	19	25	
LW2414	13	20	27

SEPTEMBER

ZM2409	3	10	17
LP2409	16	22	
LW2415	18	21	28
LW2416	25	Oct 2	& 9

OCTOBER

ZM2410	10	17	24
LW2417	16	23	30
LP2410	21	27	
LW2418	22	29	Nov 5

NOVEMBER

ZM2411	12	19	26
LW2419	13	16	
LP2411	18	24	
ZM2412	28	Dec 5	& 12

DECEMBER

LP2412	2	8	
LW2420	4	7	

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

During busy periods 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 should a course be canceled or postponed, we will make alternative arrangements or provide a full refund.

MRE Group Course Becoming One

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

Who is it for?

The Becoming One group course is suitable for younger engaged couples who may or may not be living together, without children, who have been together for up to 7 years, as well as couples considering marriage or those wanting to strengthen their relationship skills.

Course duration is 3 weeknights or 1 weeknight + Saturday/Sunday format (please refer to calendar).

The overall focus of the Group Course is shifting couples' focus to the bigger picture of building and sustaining a lasting healthy marriage. 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 course concludes with a Sacramental Session and an introduction to Natural Fertility Services presentation, offering insights into the Catholic Church messaging on marriage and family life. The presentation is compulsory for those requiring a Certificate of Attendance for the referring Priest.



All venues have toilet facilities and wheelchair access. 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 report results 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 locations

-  **Bankstown**
-  **Liverpool**
-  **Zoom**
-  **Fairfield**
-  **Sydney City**
-  **Lewisham**
-  **Waverley**

Times and dates are arranged between the couple and their facilitator. Please note, 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 or arrange for a letter to be issued instead of a Certificate of Attendance.

Course transfers

There are no penalties for initial transfers, provided a 7 day notice is given. For subsequent transfers, a \$60 administrative fee will be charged.

Cancellations and Refunds

Becoming One

Cancellations made 7 days or more prior to the first session, receive a full refund.

Cancellations made less than 7 days prior to the first session will be charged \$60 administrative fee, with remaining fees 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 you have not completed the Prepare-Enrich inventory, a full refund is provided.

If you have 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 II	\$525

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

For more information or to make a booking please contact our offices between 9am and 4:30pm.

-  **9509 1234**
-  **mre@catholiccare.org**

If all lines are busy, please leave a message with your name, phone number and we will return your call.

For more information about the CatholicCare Marriage and Relationship Education program, please visit www.catholiccare.org