



## Locations and fees

Whilst the Program is partially funded by the Australian Government, we are required to charge fees for the services outlined.

For locations, dates and costs please see the 2024 calendar insert.

## Qualifications

All CatholicCare Sydney services are provided by qualified, skilled and experienced professionals who meet the required standards of competency.

## About CatholicCare

CatholicCare is the social services agency of the Catholic Archdiocese of Sydney.

For over 80 years we have walked in solidarity with individuals, families and communities to realise our vision of a society where everyone is valued and supported.

Our services help people thrive at every age. With over 70 programs delivered across Sydney, we assist with relationships, parenting, ageing, disability, addiction, pastoral services and mental wellbeing.

Our mission is to promote dignity, strengthen families and connect communities, while supporting those who are most vulnerable or in need.

## Get in touch

### Marriage Relationship Education Program

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**CatholicCare**  
SYDNEY



# Marriage Relationship Education Program

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SYDNEY

### Positive feedback

*"I came into it thinking that it would be a waste of time, but came out with positive learning and techniques that can further benefit our relationship and marriage."*

*"I had a really good experience and believe that these new skills and the information received will make our relationship stronger. Thank you!"*

*"Really opened my eyes to the key areas on how I can maintain a healthy relationship."*

# What is Marriage Relationship Education (MRE)?

MRE gives couples the opportunity to invest in the future of their Marriage by setting time aside to discuss strengths in their relationship and the standards they would like to set as a couple.

Couples might be in love, but may not be equipped with skills such as communication, intimacy and connection. It is also common for couples to seek counselling at a much later stage of marriage when conflict is already entrenched.

MRE helps develop healthy foundations to navigate the most important partnership of your life.

The CatholicCare Sydney MRE course meets the requirements of the Sydney Catholic Archdiocese, Marriage Preparation. A Certificate of Attendance is provided to present to your celebrating priest.

For married couples, MRE gives you a chance to reflect on the challenges of married life and learn skills to reconnect. It allows you to refocus your shared goals, values, and rituals of family life for a fulfilling marriage.

We also welcome couples who are not engaged, but who wish to explore their relationship and build some knowledge and skills with a view to engagement.

## Why choose CatholicCare for MRE?

CatholicCare MRE group and couple courses are:

### Evidence-based

Founded on the last 40 years of world-leading research and practice in the field of relationship studies and therapy, including the Gottman Institute, the Prepare-Enrich team, PREP as well as others.

### Experiential

Based on an integrated model of learning, whereby intellectual theoretical learning is combined with deeper emotional processing and put into practice through activities in face to face sessions where coaching and support is on hand from a professional, trained and experienced educator.

We provide space for couples to discuss their strengths and areas of growth without distraction.

Our skilled facilitators maintain energy and engagement and ensure that couples are learning.

### Offered in a variety of day/time formats and locations

We know how busy couples are and we provide a variety of ways to accommodate their needs and preferences.

## Cancellation and Refund Policy

If you are unable to attend part of a course, please ring the office to discuss alternative sessions, 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. 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 the fee is refunded.

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

**Individual Couple Courses:** 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 the fee 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 the MRE manager.*