

# Family Support Program

## Relationship Education

Being in a loving relationship is good for your health and happiness

There are many positive steps you can take towards long-term relationship success:

- Developing a strong connection
- Managing difference in a positive way
- Working together in partnership
- Understanding each other's values and goals
- Having a positive perspective

There is certainly not a 'right' way to be married, but it is important to establish positive patterns early in the relationship.

**The pre-marriage education program** provides an opportunity for engaged couples to strengthen communication skills and explore together, the essential ingredients for creating and maintaining a lasting and satisfying marriage.

The program has been informed by Dr John Gottman's extensive research into what makes marriage work.

The day incorporates his findings in a fun and interactive way, through private couple discussion time and group learning.

### 2022 group program dates:

Sunday March 20<sup>th</sup>

Sunday May 15<sup>th</sup>

#### Time:

9.30am – 4.00pm

#### Cost:

\$220 per couple / \$110 concession (lunch included)

#### Venue:

Family Relationship Centre  
34 Peel Street North, Ballarat

### **Alternatively, if a group program doesn't suit you, you might consider a pre marriage program just for yourself and your partner!**

PREPARE TM is based on an evidence-based questionnaire, tailored to your current living arrangements (together or apart) and family make-up (no-children, with children from this or a previous relationship).

Our facilitator works with couples over 3-4 sessions, building on relationship strengths and identifying possible areas for growth.

**Time:** By appointment

**Cost:** \$220 per couple or \$110 with concession

**Venue:** Family Relationship Centre 34 Peel Street North, Ballarat

**Registrations and enquiries:** CatholicCare Victoria: P 1300 303 988

E [ballaratfrc@centacareballarat.org.au](mailto:ballaratfrc@centacareballarat.org.au)



Family Relationship Centre  
34 Peel Street North, Ballarat VIC 3350  
T (03) 5321 7960

[www.centacareballarat.org.au](http://www.centacareballarat.org.au)