

## Who is CatholicCare?

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CatholicCare, formerly known as Centacare, is the welfare arm of the Roman Catholic Church and has operated within the Archdiocese of Canberra & Goulburn for more than 50 years.

During this time CatholicCare has grown from the beginnings of a small volunteering organisation to the large multidisciplinary welfare agency it is today. CatholicCare operates with a simple and clear premise – to help people.

This aim has not changed over the years.

Helping people involves valuing, strengthening, assisting, supporting and caring for people who are less advantaged in our community.

## Do I have to be Catholic to use this service?

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The answer is NO. CatholicCare provides services to all members of our community. We ensure equitable access to all individuals using our services.

## Privacy and Confidentiality

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CatholicCare is committed to providing high quality services with respect to confidentiality, accessibility and equity to persons in the community. With this quality in mind we have also attained Quality Management System accreditation to ISO 9001:2008.



(Formerly known as Centacare)  
Issue 180310



## Relationship Education Programs

### Marriage Preparation Program FOCCUS

CatholicCare Canberra & Goulburn

57 Hicks Street  
Red Hill ACT 2603

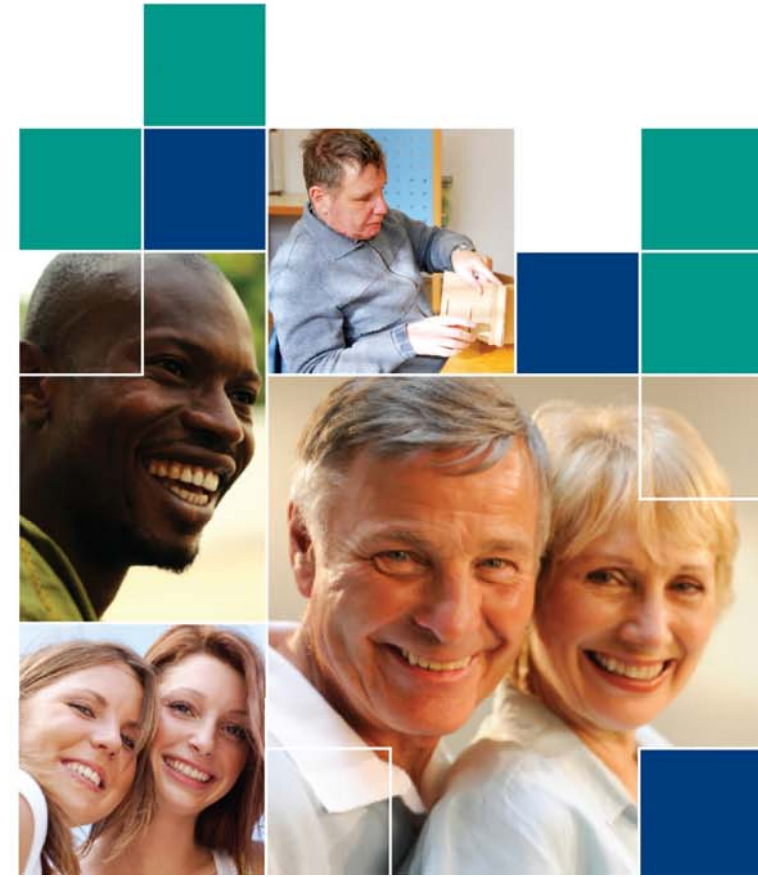
Ph: 6162 6100  
Fax: 6295 3600

[relationship.ed@catholiccare.cg.org.au](mailto:relationship.ed@catholiccare.cg.org.au)  
[www.catholiccare.cg.org.au](http://www.catholiccare.cg.org.au)



## Relationship Education Programs

### Marriage Preparation Program FOCCUS



## Who needs Marriage Preparation Programs?

Any couple considering getting married. It is best to attend 4-6 months prior to your wedding, or even earlier.

## Why do a course?

No matter how well you know each other, being married is very different from not being married. Even people who have been married before can benefit from a course. It gives couples a better chance of understanding each other and helps to build a rewarding marriage.

## Topics may include

- Family of Origin
- Communication
- Intimacy in Marriage
- Responsible Parenthood
- Christian Marriage
- Memory Lane
- Expectations
- Conflict
- Money & Marriage

## Course Options Available to you

There are two options available through Marriage Preparation.

Relationship Education Group Course and the FOCCUS Inventory.

FOCCUS is a different style of marriage preparation involving the use of a pre-marriage questionnaire.

Couples work individually on a set of statements. These statements invite agreement or disagreement on the part of each respondent. The questionnaire takes approximately one hour to complete. At the completion of the Inventory, a time for a feedback session will be arranged for the couple to discuss their responses with each other.

### FOCCUS DATES

1st Tuesday night of each month any time between 4.30 and 6.00pm.

Early booking is recommended.

\$180.00 per couple

Relationship Education is relaxed and informal and gives couples the opportunity to explore their knowledge and understanding of each other. There are many opportunities to share privately with your partner.

Discussions and activities encourage each person and each couple to explore and discover the relationship issues important for them

### 2010 PRE –MARRIAGE COURSE DATES

**Time: 9.00am—5.30pm**

(You only have to attend one day)

#### Course 1

Sunday 21st February

#### Course 2

Sunday 18th April

#### Course 3

Sunday 20th June

#### Course 4

Sunday 15th August

#### Course 5

Sunday 17th October

#### Course 6

Sunday 28th November

Early Booking is recommended

Cost: \$200 per couple

(includes lunch)

