

# MRE Group Course

## Becoming One Calendar 2021

### LEWISHAM

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

**Tues 7-9.30pm & Saturday 9.30am-3.30pm**  
**OR 3 consecutive Wednesdays 7-9.30pm**

LW2101	Jan	13	20	&	27
LW2102	Feb	9		&	13
LW2103	Mar	10	17	&	24
LW2104	Apr	6		&	10
LW2105	May	5	12	&	19
LW2106	Jun	15		&	19
LW2107	Jul	7	14	&	21
LW2108	Aug	10		&	14
LW2109	Sep	8	15	&	22
LW2110	Oct	5		&	9
LW2111	Nov	3	10	&	17
LW2112	Nov/Dec	30		&	4

### LIVERPOOL

CatholicCare  
Level 3, 203-209 Northumberland St, Liverpool

**Monday 7-9.30pm & Sunday 9.30am-3.30pm**

LP2101	Jan		11	&	17
LP2102	Feb		1	&	7
LP2103	Feb		22	&	28
LP2104	Mar		15	&	21
LP2105	Apr		12	&	18
LP2106	May		10	&	16
LP2107	May/Jun		31	&	6
LP2108	Jun		21	&	27
LP2109	Jul		12	&	18
LP2110	Aug		2	&	8
LP2111	Aug		23	&	29
LP2112	Sep		13	&	19
LP2113	Oct		11	&	17
LP2114	Nov		1	&	7
LP2115	Nov		22	&	28
LP2116	Dec		6	&	12

### SYDNEY CITY

CatholicCare The Polding Centre  
Level 8, 133 Liverpool Street, Sydney

**3 consecutive Thursday 6.30-9pm**

SY2101	Feb	4	11	&	18
SY2102	Mar	4	11	&	18
SY2103	Apr	8	15	&	22
SY2104	May	13	20	&	27
SY2105	Jun	10	17	&	24
SY2106	Jul	15	22	&	29
SY2107	Aug	12	19	&	26
SY2108	Sep	16	23	&	30
SY2109	Oct	14	21	&	28
SY2110	Nov/Dec	18	25	&	2

### WAVERLEY

Mary Immaculate Parish Rectory Hall  
45a Victoria Street, Waverley

**3 consecutive Mondays 7-9.30 pm**

WY2101	Mar	15	22	&	29
WY2102	Aug	9	16	&	23

### HUNTERS HILL

Holy Name of Mary Parish Hall  
3A Mary Street, Hunters Hill

**Tuesday 7-9.30pm & Sunday 10.30am-4.30pm**

HH2101	Mar		9	&	14
HH2102	May		18	&	23
HH2103	Jul		6	&	11
HH2104	Sep		7	&	12
HH2105	Nov		16	&	21

### ZOOM ONLINE

Please read dates carefully

**Weeknight sessions 6-8.30pm & Saturday sessions 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.

ZM2101	Jan	14	21	&	28
ZM2102	Feb	10	17	&	24
ZM2103	Mar	23		&	27
ZM2104	Apr	14	21	&	28
ZM2105	May	11	18	&	25
ZM2106	Jun	9	16	&	23
ZM2107	Jul	20		&	24
ZM2108	Aug	17	24	&	31
ZM2109	Sep	21		&	25
ZM2110	Oct	6	13	&	20
ZM2111	Nov	9		&	13
ZM2112	Dec	1	8	&	15

### A note about COVID-19

At the time of printing, it is unclear how the ongoing COVID-19 pandemic will impact on our ability to run groups as advertised. At any time, your face-to-face group may be replaced by a Zoom group depending on government regulations. We will endeavour to keep you informed about any changes to your group with as much time as possible.

We are also committed to keeping our face-to-face groups COVID safe. This includes limiting the number of people in groups, taking temperatures upon arrival, and the availability of hand sanitiser.

IF YOU ARE UNWELL, please do not attend your session and contact us on 9509 1234 as soon as possible.



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.

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 plus 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 seven 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
- Sacrament of Marriage\*
- Family Planning\*

\* These presentations are compulsory for those requiring a Certificate of Attendance for their referring Priest.

## MRE Couple Course Intimate II

This course involves a couple meeting with a facilitator over three sessions of approximately 1.5 hours in length.

This course is 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](http://www.prepare-enrich.com). Referrals for additional support are also available.

This course is offered online and face-to-face in **Bankstown, Fairfield, Lewisham, Liverpool, Sydney City, the St George/Sutherland area and Waverley.**

Times and dates are arranged between the couple and their facilitator.

Please note to allow sufficient time for report processing and allocation of facilitator, we need at least 8 weeks notice prior to your wedding date.

During the busier months of the year, we also may not be able to meet your first preference of venue, and waiting times may apply.

Please note that if you require a Certificate of Attendance for your Priest, you are invited to attend a Church Teachings presentation on marriage and family planning. You can choose from a range of dates and venues for this session when you book.

## 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.

Intimate Two sessions held on a Saturday will incur a fee of an extra \$25 per session.

## Booking Information



**9509 1234**

MONDAY - FRIDAY 9AM TO 4:30PM



[mre@catholiccare.org](mailto:mre@catholiccare.org)

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 Relationship Education program, please visit our website:

[www.catholiccare.org](http://www.catholiccare.org)

