

# pre marriage education

FOCCUS AND  
PME GROUP COURSES



PLAN FOR YOUR MARRIAGE  
NOT JUST YOUR WEDDING



**centacare**

catholic support services. providing help. creating hope.

family & relationship services

community services

## WHAT COUPLES SAY ABOUT PME COURSES

*"Being non-religious, I was a little anxious at the prospect of being lectured at, but it wasn't the case. Really interesting to hear the scientific evidence about relationships."*

*"I thought the course was well thought out, well presented and certainly gave my fiancé and I very useful information to discuss and skills for the future."*

*"Very practical, relevant, modern discussion and information. Would recommend this course to anyone getting married, even if not in the Catholic Church."*



## CENTACARE FAMILY AND RELATIONSHIP SERVICES

A Marriage and Relationship Education Agency supported by the Archdiocese of Brisbane. Services are provided by qualified and skilled facilitators who are trained in Marriage and Relationship Education.

# PRE-MARRIAGE EDUCATION GROUP PROGRAM

## ABOUT THE PME GROUP PROGRAM

- Offered in a group setting.
- Facilitated over a Saturday.
- As part of the course, facilitators provide information on current relationship research, and couples engage in their own private discussion relating the material to their relationship.
- Group course participants use individual workbooks to aid their reflection and discussion, along with some small and large group discussions and experiential activities.
- NO sharing of personal information with the group or with the course facilitators is required.

## PME VENUES AND TIMES

- PME Group courses are held in Brisbane at Fortitude Valley and Upper Mt Gravatt.
- Courses are normally held every second Saturday throughout the year.
- To ensure your preference, please book early as some course dates are filled well in advance.



# WHAT IS PRE-MARRIAGE EDUCATION?

## IT'S PLANNING FOR YOUR MARRIAGE, NOT JUST YOUR WEDDING.

Marriage is good for you! Healthy marriages are good for your physical and emotional health and wellbeing, your finances, your career, your children and for society as a whole. However, love in itself is not enough to overcome the inevitable tough patches that all marriages encounter. Research suggests that shared expectations of marriage, and skills and strategies discussed and practiced during Pre-Marriage Education Courses can assist marriages to thrive.

**Centacare offers two programs for couples seeking Pre-Marriage Education – please choose the one that most suits your individual couple needs.**

## FOCCUS IS MOST SUITED TO COUPLES WHO:

- are able to speak openly about their relationship with a facilitator in private sessions
- are entering a second marriage
- already have children
- older couples
- are able to attend three or four sessions during the week
- have English as a second (non-preferred) language.

## THE PRE-MARRIAGE EDUCATION GROUP COURSE IS MOST SUITED TO COUPLES WHO:

- prefer to attend a Saturday course
- want to complete all the course discussions and activities during the program itself
- prefer to have their couple discussions without a facilitator directly involved
- enjoy meeting other engaged couples
- have less than two months left before their wedding day.

# FOCCUS PROGRAM

## (FACILITATED OPEN COUPLE COMMUNICATION UNDERSTANDING AND STUDY)

- Offered for individual couples in a private, confidential setting.
- Facilitated over three to four one hour sessions over a period of three to four weeks.
- Involves a couple working through the comprehensive FOCCUS inventory, followed by facilitated discussions led by an accredited FOCCUS facilitator and at-home discussion activity tasks.
- Course MUST be completed two months before the wedding.

## FOCCUS VENUES AND TIMES

- Sessions are held at Fortitude Valley (Brisbane), on the Gold Coast, the Sunshine Coast and the Fraser Coast during office hours.
- Please book early as session times are filled well in advance.
- Some strictly limited after hours sessions are available.
- No sessions are available on weekends.

# BOOKINGS FOR PROGRAMS

For dates, venue options, fees and to register for either the Group or FOCCUS program visit our website: [www.centacarebrisbane.net.au](http://www.centacarebrisbane.net.au) and click on Marriage & Relationship Education. We advise attending a course six months prior to the wedding date.

## Our vision

Communities will be built on justice and transformed through faith, hope and love

## Mission Statement

To provide high quality care services to support people, strengthen families and build communities in the spirit of the Gospel

## Values

Respect for the dignity of the individual  
Integrity in the delivery of our care services  
Equity and justice for those we support

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**1300 CENTACARE (1300 236 822)**  
**[www.centacarebrisbane.net.au](http://www.centacarebrisbane.net.au)**

### BRISBANE

58 Morgan Street (PO Box 289)  
Fortitude Valley Qld 4006  
p: 07 3251 5000  
e: [cfrs.fvadmin@bne.centacare.net.au](mailto:cfrs.fvadmin@bne.centacare.net.au)

### GOLD COAST

50 Fairway Drive  
Clear Island Waters Qld 4226  
p: 07 5527 7211  
e: [cfrs.cgc@bne.centacare.net.au](mailto:cfrs.cgc@bne.centacare.net.au)

### SUNSHINE COAST

Bernard House - 21 Cornmeal Parade (PO Box 5350)  
Maroochydore Qld 4558  
p: 07 5430 9300  
e: [cfrs.sunshinecoast@bne.centacare.net.au](mailto:cfrs.sunshinecoast@bne.centacare.net.au)

### FRASER COAST

(Hervey Bay and Maryborough)  
p: 07 4194 0172  
e: [ccs.fccounselling@bne.centacare.net.au](mailto:ccs.fccounselling@bne.centacare.net.au)