

Strengthening Relationships

Marriage & Relationship Education

Marriage and Relationship Education (MRE) prepares and rejuvenates a couple's relationship for the future years ahead.

By offering key insights and practical strategies, our programs support couples in their relationship journey, fostering deeper connections and healthier communication patterns for a more rewarding life together.

Prior to the program couples will individually be invited to complete an online survey. The survey provides insights and an understanding of the relationship's strengths and areas of growth, this will allow the facilitator to provide a more personalised approach to the sessions for each couple. Areas the survey look at include:

Marriage Expectations	Communication	Conflict Resolution	Personal Stress Profile
Spiritual Beliefs	Personality	Sex & Affection	Relationship Roles
Children & Parenting	Family of Origin	Financial Management	Leisure Activities

CatholicCare offers two types of courses for couples considering marriage as well as Enrich, a program for couples who would like to strengthen their marriage.



To view MRE FAQ's and learn about the experience of previous MRE participants in our MRE participant video click [here](#) or scan the QR Code.

Prepare Group Edition - 4 x 2.5 hour sessions or Fri-Sat / \$350

Explore your relationship with the support of our facilitators and learn how other couples cope with life's stressors, honour their commitment, grow, heal, and express themselves.

Term	Location	Dates	Day	Time
Term 2	Campbelltown	12, 19, 26 June, 3 July	Wednesday	5.30-8
	Wollongong	28, 29 June	Fri/Sat	5.30-8/9-4.30
Term 3	Campbelltown	6, 7 September	Fri/Sat	5.30-8/9-4.30
	Wollongong	20, 21 September	Fri/Sat	5.30-8/9-4.30
Term 4	Campbelltown	26 Nov, 3, 10, 17 December	Tuesday	5.30-8
	Wollongong	6, 7 December	Fri/Sat	5.30-8/9-4.30

Prepare/Enrich - 2 x 2 hour sessions / \$400

With the help of a supportive facilitator, strengthen your connection with a personalised snapshot of your relationship. Gain personal insights and a deeper and shared understanding of your relationship

Location	Dates
Wollongong, Campbelltown, Nowra	By Appointment

Contact us

02 4254 9395
intakeservice@catholiccare.dow.org.au
www.catholiccare.dow.org.au

Wollongong 25-27 Auburn Street Wollongong
Campbelltown 35A Cordeaux Street, Campbelltown NSW 2560
Nowra 55 Worrige St, Nowra

Scan QR code to access the registration form

