

Family Support Program

Preparing for Marriage 2019

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. These include:

- 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.

Preparing for Marriage is a good opportunity for engaged couples to strengthen their communication skills and explore together the essential ingredients for creating and maintaining a lasting and satisfying marriage.

This 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.

2019 group program dates

Sunday February 10th

Saturday March 16th

Sunday May 19th

Saturday July 20th

Sunday September 15th

Saturday November 16th

Time: Programs start at 9.30am and finish at 4pm

Cost: \$220 per couple or \$110 with concession (lunch is included)

Venue: Family Relationship Centre
34 Peel Street North, Ballarat

alternatively...

If a group program doesn't suit you, you might like to consider a pre marriage program just for you!

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

A facilitator will work with you over 3-4 feedback sessions, building on relationship strengths and identifying possible growth areas.

- Time:** Available by appointment
- Cost:** \$220 per couple or \$110 with concession
- Venue:** Family Relationship Centre
34 Peel Street North, Ballarat

For further information and bookings:

Phone: (03) 5327 7960, or the Family Relationship Centre on 1300 303 988

Email: ballaratfrc@centacareballarat.org.au

All groups will be held at the Family Relationship Centre 34 Peel Street North Ballarat