

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	Time:	Programs start at 9.30am and finish at 4pm
Saturday March 16th		
Sunday May 19th	Cost:	\$220 per couple or \$110 with concession (lunch is included)
Saturday July 20th		
Sunday September 15th	Venue:	Family Relationship Centre 34 Peel Street North, Ballarat
Saturday November 16th		

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