

PAYMENT DETAILS

We wish to pay \$_____ by:

Cheque/Money Order
(Make Payable to Centacare)

Mastercard Visa

Card Number:

| | | | | | | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

Cardholder's Name (as it appears on the card):

Expiry Date:

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Signature: _____

Cost: \$200 per couple

- This includes three private one hour sessions with a facilitator and all materials.
- Fee is subject to change without notice.
- Concessions available (e.g. Health Care Card) - please contact Centacare for details.

Forward Payment and Registration Form to the Centacare Office you wish to attend marked "Course Coordinator"
(addresses are on the back of this brochure)

Centacare Family & Relationship Services is 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.

For more information about our courses please phone or visit our website:
www.centacarebrisbane.net.au

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

1300 CENTACARE (1300 236 822)
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

GOLD COAST

50 Fairway Drive
Clear Island Waters Qld 4226
p: 07 5527 7211 **e:** 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

FRASER COAST

(Hervey Bay and Maryborough)
p: 07 4194 0172
e: ccs.fccounselling@bne.centacarebrisbane.net.au

REFOCCUS

RELATIONSHIP
ENRICHMENT FOR
COMMITTED COUPLES



 **centacare**
catholic support services. providing help. creating hope.

family & relationship services

community services

REFOCCUS

REFOCCUS is:

- an educational program for couples in a committed relationship (of more than 18 months). The goal is to understand and enrich the relationship through reflection and communication
- based on a questionnaire which affirms the relationship, whilst identifying areas of growth and change
- a tool which enables you, the couple, with the help of a trained facilitator, to explore the experiences and issues that are important to YOU in YOUR marriage
- enjoyable, rewarding and stimulating
- confidential
- a celebration and affirmation of who you are as a couple and what you have learned and built.

REFOCCUS is not:

- therapy or counselling
- for relationships with deeply problematic issues
- invasive or threatening
- religious
- about finding quick "fixes"
- to determine how "good" or "bad" the relationship is.

EDUCATORS

All our facilitators are trained in Relationship Education.

VENUES AND TIMES

- In Brisbane, sessions are held at Fortitude Valley, during office hours
- Sessions are also available on the Gold Coast, the Sunshine Coast and Fraser Coast
- Some strictly limited after hours sessions are available
- No sessions available on weekends
- Advance bookings required

SUGGESTED AREAS FOR DISCUSSION

- The process of marriage
- Intimacy
- Commitment
- Communication
- Compatibility.

WHAT COUPLES SAY ABOUT REFOCCUS

"The structure of the course worked well... We're discussing more things." (Female)

"It was great to be able to discuss personal issues with my partner." (Male)

"I was worried it would be preachy, and about finding fault. It wasn't. It was about the two of us." (Male)

GROUP SESSIONS

Refoccus can also be facilitated in small groups, during evening sessions or on the weekend. (This is still a private process).

If you are interested in organising a Refoccus group program for your Community or Parish, please contact Centacare to discuss suitable times and costs.

CONFIDENTIAL

Please use this form to book for the REFOCCUS Course
NO BOOKINGS ARE TAKEN BY PHONE OR EMAIL

Female: Surname: _____

First Name: _____

Male: Surname: _____

First Name: _____

Address: _____

Suburb: _____ Post Code: _____

Phone (b/h): _____

Phone (a/h): _____

Email: _____

Date of Marriage: _____

DOB Female: _____

Male: _____

Occupation: Female: _____

Male: _____

Religion: Female: _____

Male: _____

Country of Birth: Female: _____

Male: _____

Do you have any children? _____

Ages of children? _____

Referred by: (please tick)

Pre-marriage Course Family Friends

Advertising Minister Other

