

## What Couples Say About PME Courses

"Great course – certainly think it will improve our relationship now and in the future."

"It made us think about parts of our lives that we did not think about and parts of our relationship that we need to work on."

"Thank you for a wonderful course. I did not see the true benefits until I attended."

"Loved that the materials, references and research were relevant to our generation."



### Centacare Family and 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.

### Our vision

Leading social change, strengthening families, supporting people and communities in the spirit of the Gospel

### We value

- human dignity • respect for the individual
- justice and equality • working together
- interdependence and community
- transparency and accountability • diversity



Archdiocese of Brisbane  
Member of Catholic Social Services Australia

[www.centacarebrisbane.net.au](http://www.centacarebrisbane.net.au)

### BRISBANE

58 Morgan Street (PO Box 289)  
Fortitude Valley Qld 4006  
P: 07 3252 4371  
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: [cgc@bne.centacare.net.au](mailto: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: [admin@centacarebrisbane.net.au](mailto:admin@centacarebrisbane.net.au)

# pre marriage education

FOCCUS and  
PME group courses



plan for your marriage  
not just your wedding



family & relationship services

community services

## Pre-marriage Education Group Program

### About The PME Program

- Offered in a group setting.
- Facilitated over a Friday evening and 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 weekend (Friday evening and 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 weekend 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.
- An additional one hour group session is required if claiming the Stronger Relationship Subsidy.
- 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 Relationship Education

We advise attending a course six months prior to the wedding date.