

MRE Group Course Becoming One Calendar 2025

JANUARY

ZM2501 14 21 28 Feb 4
LW2501 15 18

FEBRUARY

LP2501 3 9
ZM2502 6 13 20 27
LW2502 12 15
ZM2503 18 25 Mar 4 11
LP2502 24 Mar 2

MARCH

LW2503 12 15
LP2503 17 23
ZM2504 13 20 27 Apr 3
LP2504 31 Apr 6

APRIL

ZM2505 8 15 22 29
LW2504 9 12
ZM2506 10 17 24 May 1

MAY

ZM2507 6 13 20 27
LW2505 7 10
LP2505 12 18
ZM2508 15 22 29 Jun 5

JUNE

ZM2509 3 10 17 24
LW2506 4 7
LP2506 16 22
ZM2510 19 26 Jul 3 10

JULY

ZM2511 8 15 22 29
LW2507 9 12
LP2507 21 27
ZM2512 24 31 Aug 7 14

AUGUST

ZM2513 5 12 19 26
LW2508 6 9
LP2508 11 17

SEPTEMBER

LW2509 3 6
ZM2514 4 11 18 25
ZM2515 9 16 23 30
LP2509 15 21

OCTOBER

LW2510 1 4
ZM2516 9 16 23 30
LP2510 13 19
ZM2517 21 28 Nov 11

NOVEMBER

LW2511 5 8
ZM2518 6 13 20 27
LP2511 17 23
ZM2519 18 25 Dec 2 9

DECEMBER

LW2512 3 6
LP2512 8 14

ZOOM ONLINE (code ZM)

Please read dates carefully—
Weeknight sessions 7-8:45pm

LEWISHAM (code LW)

CatholicCare Mary Potter Centre 2C West Street (corner Thomas Street), Lewisham
Wednesday 7pm-9:30pm &
Saturday 9:30am-3:30pm (Lunch included)

LIVERPOOL (code LP)

CatholicCare
Level 3, 203-209 Northumberland St, Liverpool NSW 2170
Monday 7-9:30pm & Sunday 9:30am-3:30pm (Lunch included)

During busy periods we will open up extra Zoom groups throughout the year. If your preferred group is unavailable, you may be offered a group which is not advertised on this calendar.

Please note should a course be canceled or postponed, we will make alternative arrangements or provide a full refund.

MRE Group Course Becoming One

CatholicCare's Becoming One Group course combines evidence-based research on marriage and relationships with experiential activities and coaching by professional experienced educators.

Who is it for?

The Becoming One group course is suitable for younger engaged couples who may or may not be living together, without children, who have been together for up to 7 years, as well as couples considering marriage or those wanting to strengthen their relationship skills.

Course duration is 4 weeknights or 1 weeknight + Saturday/Sunday format (please refer to Course Calendar).

The overall focus of the Group Course is shifting couples' focus to the Bigger Picture of building and sustaining a lasting healthy marriage. Topics explored in the course are:

- The Sound Relationship House – the 7 principles of building a stable healthy relationship
- Love Languages
- Family of Origin
- Attachment in Adult Relationships
- Influences in Conflict
- Communication Warning Signs
- Communication Skills, including the Speaker-Listener Technique
- Digital Distractions in Relationships
- Values, Rituals of Connection and building a Shared Vision of Marriage

The course includes a Sacramental Session and an introduction to Natural Fertility Services presentation, offering insights into the Church teachings on marriage and family life. **The presentation is compulsory for those requiring a Certificate of Attendance for the referring Priest.**



All venues have toilet facilities and wheelchair access. Please inform administrative staff at the time of booking if any assistance will be required.

Intimate II








Intimate II involves one couple meeting with a facilitator over 3 sessions of approximately 1.5 hours in length.

These sessions are more suitable for couples in a longer term relationship, who may have children together or from a previous relationship, and who may have been married before. It is also suitable for married couples seeking to strengthen their relationship.

The couple completes an online Prepare-Enrich Questionnaire prior to attendance. The online questions are chosen according to the unique couple relationship circumstances, for example, a second marriage, different cultural or religious traditions, parenting, intergenerational and health issues.

The report results highlights the strength and growth areas of the relationship. The Prepare inventory is not designed to predict the future of a marriage, but is a tool which helps the couple to discuss specific issues, with the assistance of a professional facilitator. To find out more, visit: www.prepare-enrich.com. Referrals for additional support are also available.

Intimate II locations

-  **Bankstown**
-  **Liverpool**
-  **Zoom**
-  **Fairfield**
-  **Sydney City**
-  **Lewisham**
-  **Waverley**

Times and dates are arranged between the couple and their facilitator. Please note, we need at least 8 weeks notice prior to your wedding date to complete the sessions.

Cancellation and Refund Policy

If you are unable to attend part of a course, please ring the office without delay to discuss alternative sessions or arrange for a letter to be issued instead of a Certificate of Attendance.

Course transfers

There are no penalties for initial transfers, provided a 7 day notice is given. For subsequent transfers, a \$60 administrative fee will be charged.

Cancellations and Refunds

Becoming One

Cancellations made 7 days or more prior to the first session, receive a full refund.

Cancellations made less than 7 days prior to the first session will be charged \$60 administrative fee, with remaining fees refunded.

Non-attendance without prior communication negates the possibility of a refund as the couple had taken a space in a course that would have otherwise been filled by another couple.

Intimate II

If you have not completed the Prepare-Enrich inventory, a full refund is provided.

If you have completed the inventory and a report had been generated, a \$60 administrative fee is retained, and the remainder of fees is refunded.

Non-attendance without prior communication negates the possibility of a refund.

If a couple cancels a session less than 24 hours before a scheduled session, a \$100 administrative processing fee will apply to reschedule.

Exceptional circumstances will be considered on a case-by-case basis by MRE manager.

Course Fees

Group Course—Becoming One	\$420
Couple Course—Intimate II	\$550

A concession rate is available for holders of a current Commonwealth Government Healthcare Card.

For more information or to make a booking please contact our offices between 9am and 4:30pm.

 **9509 1234**

 **mre@catholiccare.org**

If all lines are busy, please leave a message with your name, phone number and we will return your call.

For more information about the CatholicCare Marriage and Relationship Education program, please visit www.catholiccare.org

CatholicCare
SYDNEY