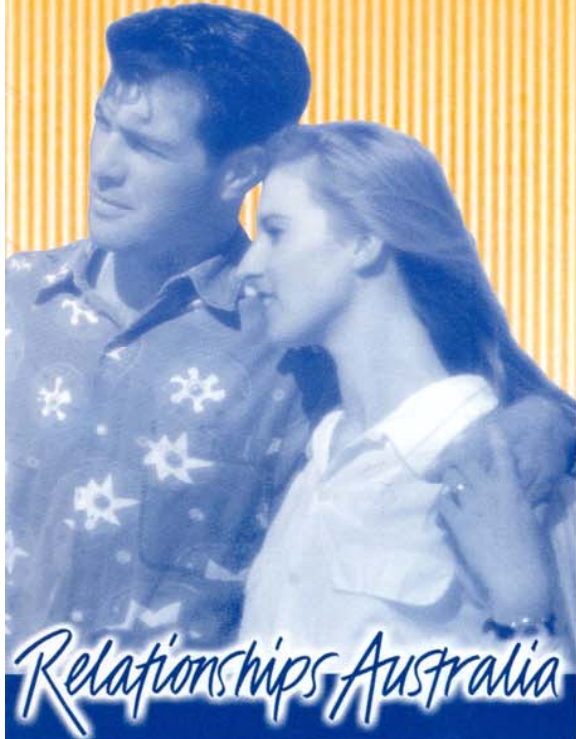


Helping you make the most of your life

RELATIONSHIP PREPARATION & ENHANCEMENT

*Build a strong relationship
to last across the years*



Relationships Australia

Helping you make the most of your life

Build a strong relationship

It's simple, isn't it? You love each other.

You want a good life together, whether you're just about to marry, or you've been a couple for years.

You want your relationship to last through all the twists and turns that may lie ahead. It's a wonderful goal to share.

But great relationships don't just happen. Like your health or your career, your relationship is something you should look after and nurture.

Putting in some time today planning your future together can help give your relationship the strength to last.



How we can help

Relationships Australia's personalised approach to relationship preparation and enhancement can really make a difference to your partnership.

You'll understand more about yourselves, each other and your relationship.

We offer a range of programs designed to meet the needs of couples entering or already in a long-term relationship.

Each program is conducted over three private sessions with a professional Relationships Australia counsellor.

In your first session, you each complete a questionnaire which covers a wide range of areas including your family backgrounds, life goals and personal perspectives. There are no "right" or "wrong" answers.

In the sessions which follow, you work with your counsellor to use the computer-analysed outcomes from your questionnaires as a basis to discuss your lives together.

Relationships Australia

Relationships Australia

At Relationships Australia, we know a lot about relationships. We've been helping people to make the most of their lives together for over 50 years.

We are a non-profit organisation, with no religious affiliations.

With Centres in every State, we're Australia's largest organisation committed to supporting people in their relationships.

All of our staff are fully qualified professionals who provide a confidential, understanding service.

For more information about Relationships Australia go to our website, www.relationships.com.au.

Helping you make the most of your life



Relationships Australia



Relationship preparation

If you have decided to marry or make a long-term commitment to each other, congratulations!

This is an ideal time to focus on the future and plan your lives together, beyond the wedding day.

Our **PREPARE** program will help you to:

- Identify and build on the strengths of your relationship
- Share different perspectives
- Strengthen your communication skills
- Explore ways to resolve conflict
- Set your individual and shared goals for the future
- Develop a financial plan together

You'll have given each other a wonderful gift and made a great investment in your future.



Forming a new family

If your relationship already includes children from previous relationships, our **PREPARE-MC** program is for you.

Your marriage is not only a commitment to each other, it will also create a new family group.

PREPARE-MC helps you to talk about and plan this important part of your lives together.

This program also includes the areas covered by the **PREPARE** program.



Relationship enhancement

If you have been living together or married for more than two years, you will know the joys and challenges of being a couple, and understand that as you change and mature, your relationship also changes.

You've already made a big investment in each other, and the **ENRICH** program can help you keep making the most of this investment.

- Build on the strengths of your relationship
- Develop your communication skills
- Learn practical ways to deal with challenges
- Set your individual and shared goals for the future
- Manage changes in your lives and relationship
- Deepen your understanding of each other

If you are experiencing any challenges in your relationship, the **ENRICH** program can help you find ways to move forward together.

Relationships preparation & enhancement programs

PREPARE For couples who are marrying or making a formal commitment

PREPARE-MC For couples who are marrying or making a formal commitment and have children

ENRICH For couples who are already married or in a long-term relationship

Each program involves three x 1 hour sessions, which are scheduled over four weeks.

Day and evening meetings are available. We suggest that you make your first appointment at least three weeks in advance.

These programs are available at the following Relationships Australia Centres in Victoria.

Kew	46 Princess Street Tel 9261 8700
Croydon	8 Civic Square Tel 9725 9964
Greensborough	8-10 Flintoff Street Tel 9432 3033/3244
Narre Warren	48 Webb Street Tel 9704 7788
Sunshine	1 Clarke Street Tel 8311 9222
Ballarat	116 Lydiard Street Tel 5331 1558
Shepparton	54 Wyndham Street Tel 5821 1846
Traralgon	1/42 Kay Street Tel 5174 1100

Relationships Australia
 Helping you make the most of your life
www.relationships.com.au