

At **Centacare Fraser Coast**, we can facilitate evening or weekend Refoccus for couples or small groups (this is still a private process).

I would like to know more about:

....participating in a ReFoccus program

....organising a group from my community for a ReFoccus group program

Contact **Centacare** for more details. We will send you further information about costs, times and registration of group courses

Please forward payment and registration form to:

Centacare Fraser Coast
140 Wharf St
Maryborough Q 4650

For general enquiries phone:

Maryborough & Hervey Bay: (07) 4121 6410

We have a Privacy Policy that manages any personal information you give us. For any queries, please contact Centacare Fraser Coast..

Centacare

Centacare, established in 1957, is one of Australia's largest marriage and relationship education service providers. Centacare CFCS is a Marriage Education Agency approved by the Attorney General's Department.

**a relationship
has many
seasons**

**Your relationship
is
the greatest gift
you can give
others**

Centacare Fraser Coast

Maryborough -
140 Wharf St
Ph: (07) 4121 6410

Hervey Bay -
6/152 Boat Harbour Dve, Pialba
Ph: (07) 41 94 0172

REFOCCUS



For all Couples:

Renew and

revitalise

your relationship

REFOCCUS is.....

- ♦ available to couples 3 x 1 1/2-2 hr private sessions.
- ♦ an educational program for couples in a committed relationship (18 months plus). The goal is to refocus and enrich the relationship.
- ♦ based on a questionnaire that focuses on such areas as: the process of commitment, building intimacy, improving communication and understanding compatibility.
- ♦ affirming of strengths whilst identifying areas of growth and change.
- ♦ about *your* experience and *your* issues—most of the exploration is done by you, as a couple, guided by a professional educator.
- ♦ full of rewards.
- ♦ enjoyable.
- ♦ CONFIDENTIAL

REFOCCUS is not....

- ♦ therapy or counselling.
- ♦ for relationships with deeply problematic issues.
- ♦ invasive or threatening.

COUPLES say....

- ♦ The program had a positive effect on my relationship (male).
- ♦ I loved realising how many strengths we had (female).
- ♦ I was worried it would be preachy and about finding fault. It wasn't. It was about the two of us (male).
- ♦ It was great to be able to discuss personal issues with my partner (female).

Venues and Times

3 x 1 1/2-2 hr private sessions.
REFOCCUS sessions are conducted at the Centacare Office either in Maryborough or Hervey Bay. Couples are encouraged to continue their discussion with each other between sessions.

Cost

\$30.00 for three sessions
(If you have special circumstances please discuss payment options with your facilitator).

Educators

All facilitators are educators who are trained and accredited in marriage education and REFOCCUS facilitation, and comply with guidelines set down by the attorney-General's Department.

ReFoccus Enquiry

Surname: _____

First Name/s: _____

Address: _____

_____ P/C: _____

Phone: (B/H) _____

(A/H) _____

Date of marriage: _____

(If applicable) _____

Do you have children: _____

(If applicable) _____

Send the completed form and payment and one of our staff will contact you to arrange appointment times.

Please circle the phone number you would prefer us to use during office hours.

Payment can also be made at the first session or in person at 140 Wharf St, Maryborough or 6/152 Boat Harbour Dve, Hervey Bay.

We wish to pay by:-

Cheque

Money Order