

Contact us for a brochure or to speak to an educator for more information about any of these courses.

Contact details are listed over the page to obtain course information.

All our educators are trained and accredited in marriage and relationship education and our programs comply with Commonwealth Government guidelines.

Our programs are open to all, irrespective of social, religious or financial background. Fees are minimal and can be waived in special circumstances.

Our relationship education programs are based on adult education concepts and are not counseling or therapy.

Centacare Fraser Coast

Hervey Bay

6/152 Boat Harbor Drive, P O Box 1140
Hervey Bay 4655

Phone: **07 4194 0172** Fax: 07 4194 0175
Email: c-carefc@bigpond.net.au

Maryborough

140 Wharf St, P O Box 204
Maryborough 4650

Phone: **07 4121 6410** Fax: 07 4121 0123
Email: c-caremb@bigpond.net.au

Centacare, established in 1957, is one of Australia's largest marriage and relationship education service providers.

Centacare Catholic Family and Community Services is a Marriage Education Agency approved by the Commonwealth Department of Family and Community Services.



Relationship Education Programs

welcome

The director and staff of Centacare Catholic Family and Community Services extend a very warm welcome to you.

Here are answers to some questions you may have about educational services.

What is relationship education?

We live and grow in a variety of relationships every day of our lives.

Developing and maintaining relationships is one of the most complex things we do.

We learn about being with other people in many different and subtle ways as we grow up in our families, and make friends, make commitments, begin and end relationships.

There are very significant learning times for us:

When we

- ◆ Begin to make special relationships
- ◆ Want to make a special commitment
- ◆ Want to marry
- ◆ Parent
- ◆ When relationships end

- ◆ Want to deepen our understand of ourselves and our relationships.
- ◆ Are in pain and want to heal and move forward again.
- ◆ Want to reflect, take stock and think about the future.

At these times we are open to learning and this is when relationships education has a part to play.

Centacare offers a range of structured, supportive programs, facilitated by skilled, experience educators, that aim to assist people to make the sort of learning journeys described above.

We extend a warm invitation to anyone who would like to participate in any of our courses. They are open to all, irrespective of social, religious or financial background.

Pre-Marriage Education

FOCCUS Program for any couples intending to marry (3 one hour sessions for a couple with a trained facilitator).

Marriage Enrichment

An education program for couples in a committed relationship.

Seasons Program

A small group program of 8 x 1 hour sessions for children 5-15 years who have experienced the separation/divorce of their parents.

Divorce and Separation Recovery Workshop

A practical and supportive group approach that encourages people to move forward following separation/divorce through participation in an 8 week program.

Men

Fathering after Separation to assist men to explore issues important to them when they no longer have their children living with them on a daily basis.

Parenting

Assistance with parenting children of all ages.

Anger Basics

To assist people to better manage conflict and gain greater control over their loves and relationships with others.

Youth

Education on relationship skills, sexuality and values, aimed at young people 12-17 years.

welcome