



Contact Us

To learn more about our services and programs, phone **03 9354 8854** or email relate@relatewell.org.au

To keep up to date with current programs and services, visit us at www.relatewell.org.au

Keep in touch with us on [facebook/Family Relationships Institute Inc.](https://www.facebook.com/FamilyRelationshipsInstituteInc) or subscribe to our e-newsletter via www.relatewell.org.au/subscribe/

RelateWell (Family Relationships Institute Inc.)
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'Specialising in Marriage and Relationship Education and Relationship Counselling Services at significant life stages'

Let's Make It Work

**A course for couples
planning to marry**

**An exciting program
for a significant transition**

2023 - 2024

Addresses of Course Centres

Coburg

RelateWell Centre, Suite 102, 398 Sydney Rd

For all enquiries contact us on:

(03) 9354 8854 or
relate@relatewell.org.au



How to reserve your place

- > Phone (03) 9354 8854 or email relate@relatewell.org.au to reserve your place in an upcoming "Let's Make It Work" course.

CONDITIONS TO COURSE BOOKINGS:

- > To reserve your place, full payment MUST be received no later than 14 days prior to commencement of course. After that date, unpaid places will be offered to other couples.
- > If you need to withdraw from the course, you are required to give at least 12 days notice otherwise a refund WILL NOT be issued.

ENROLMENT FORM

Phone office to pay with credit card or mail to: RelateWell Centre, Suite 102, 398 Sydney Road, Coburg Vic 3058.

Mr

Address

SuburbPostcode:.....

(Work) (Home/Mob)

Ms

Address

SuburbPostcode

(Work) (Home/Mob)

Email

We will attend Course No. E

DateVenue

We will attend PREPARE (phone office to book)

DateTime

Referred by

Tick Selected Course (Prices GST Free; Valid 01/01/23 to 31/12/23)

I Day Sunday Course \$350 per couple (lunch NOT included)

PREPARE \$350 per couple

Credit Card payment details: Mastercard Visa

Name on Card

_____/_____/_____/_____

Expiry ____/____ CWV _____

Signature

Office use only: Receipt No. Date Signed



I DAY COURSES

10.00 am - 4.00 pm .. \$350 per couple

2023	Venue	I Sunday
E01	Coburg	Feb 26
E02	Coburg	Apr 30
E03	Coburg	Jun 25
E04	Coburg	Aug 27
E05	Coburg	Oct 29
E06	Coburg	Dec 3

2024	Venue	I Sunday
E01	Coburg	Feb 25
E02	Coburg	Apr 28
E03	Coburg	Jun 30
E04	Coburg	Aug 25
E05	Coburg	Oct 27
E06	Coburg	Dec 8

Certificate presented upon completion of course

ABOUT THE PROGRAM

When you choose to attend a RelateWell program, you demonstrate the strength of your commitment to one another. In these times of 'throw-away' relationships, is your commitment strong enough for both of you?

Topics offered:

Couples at each course nominate specific issues they wish to explore. Some popular choices are:

- > Communication and preventing conflict
- > Decision-making
- > Roles and expectations
- > Recognising stress and its impact
- > Understanding Emotional Intelligence
- > Family of origin influence, cross-cultural influence
- > Responsible budgeting
- > Balancing work and family
- > The impact of social media on relationships
- > Designing a marriage that works for both of us
- > Recognising and meeting needs
- > Intimacy

Skills gained:

As a couple, you will explore your relationship strengths and practise the skills required to make changes in areas you wish to improve. You will work with your partner, as well as in small groups, which will allow you to share common experiences and issues and build and develop skills at a comfortable level.

The Family Relationships Institute Inc. is funded by the Australian Government Department of Social Services (DSS).

PREPARE Relationship Inventory

The PREPARE Relationship Inventory is a premarital questionnaire.

It is designed to assist couples to identify the strengths in their relationship and the areas of growth they wish to further develop.

It involves two sessions:

- > The first session is an online questionnaire undertaken via outreach.
- > The second session is a 90 minute one-on-one session with a trained facilitator who helps identify the strengths and work areas in your relationship.

The cost is \$350 per couple. All sessions are held at Coburg. A Certificate is presented upon the completion of the program. An option of a third counselling session is available for an additional \$90. Phone (03) 9354 8854 to book an appointment.