

## Bringing Baby Home (BBH)

A strong couple relationship provides stability and security for children, and creates an atmosphere where they can thrive. Bringing Baby Home is a workshop aimed at building and maintaining a strong couple relationship in readiness for parenthood.

Focus on deepening your friendship, strengthening communication, maintaining intimacy and managing conflict. Couples with babies are very welcome! Cost per couple \$85

Book online at [www.ccam.org.au](http://www.ccam.org.au)

CODE	DATES
BBH 1	Saturday 22 February
BBH 2	Saturday 2 May
BBH 3	Saturday 27 June
BBH 4	Saturday 3 October
BBH 5	Saturday 21 November

BBH is conducted at Mercy Hospital for Women in Heidelberg.

## Marriage Enrichment programs

Marriage for a lifetime is a long journey with many different phases. Most of our marriage enrichment programs are run in a setting for individual couples.

If you would like to enhance and enrich your marriage as you walk the journey together, check out our Marriage Enrichment programs on our website at [www.ccam.org.au](http://www.ccam.org.au)

## About us

Relationships are at the heart of why CatholicCare exists. We help people to build positive relationships, and repair connections when needed.

CatholicCare is the social service agency of the Archdiocese of Melbourne and the Diocese of Sale. We provide a range of counselling, education, community and pastoral services.

We support all people regardless of their religious belief or background.

We are committed to child safety - their wellbeing is our priority. We actively work to listen to, empower and protect children.

Our vision is for a stronger, more resilient and inclusive society - where everyone can reach their potential and enjoy 'life to the full'.

## Contact us

383 Albert Street  
East Melbourne Victoria 3002  
T: 03 9287 5516  
E: [RelationshipEducation@ccam.org.au](mailto:RelationshipEducation@ccam.org.au)  
W: [www.ccam.org.au](http://www.ccam.org.au)



*CatholicCare acknowledges the traditional custodians of the lands and waters of Victoria, and pays respect to Elders past and present.*

- Greater Melbourne
- Geelong
- Gippsland

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# Marriage & Relationship Education 2020

*Building strong relationships*



[ccam.org.au](http://ccam.org.au)

## Strengthening relationships!

Just as we as individuals change and grow, so too do our relationships.

Whether you're soon to be married, preparing for parenthood or just wanting to strengthen your relationship, our Marriage and Relationship Education (MRE) programs can help you to build a happy, fulfilling and long-lasting future together.

Take the opportunity to reflect on your relationship, affirm the qualities and skills you already have and build new skills to help strengthen your relationship.

We offer a choice of group or private sessions which are conducted by professionally trained educators with evidence-based knowledge.

## Pre-marriage group workshops

Explore your relationship strengths and differences while learning new skills for growing your friendship and a shared vision for the future.

Our Partnerships pre-marriage group workshop is a one-day program that runs from 9:30am to 5:00pm. Partnerships is run from two locations - East Melbourne and Warragul. Warragul bookings are prioritised for couples living in Gippsland.

Cost per couple \$340

Book online at [www.ccam.org.au](http://www.ccam.org.au)

*“The conflict management techniques were very valuable for me, and the opportunity to focus on ‘US’ and discuss how we can maintain/ further develop what we have.”*

## Partnerships Melbourne dates

CODE	DATES
P20.01	Saturday 18 January
P20.02	Saturday 8 February
P20.03	Sunday 16 February
P20.04	Sunday 1 March
P20.05	Saturday 14 March
P20.06	Sunday 22 March
P20.07	Saturday 4 April
P20.08	Sunday 19 April
P20.09	Saturday 9 May
P20.10	Saturday 23 May
P20.11	Sunday 14 June
P20.12	Saturday 27 June
P20.13	Saturday 18 July
P20.14	Saturday 25 July
P20.15	Sunday 9 August
P20.16	Sunday 23 August
P20.17	Saturday 5 September
P20.18	Sunday 20 September
P20.19	Saturday 10 October
P20.20	Sunday 25 October
P20.21	Saturday 7 November
P20.22	Sunday 22 November
P20.23	Saturday 5 December
P20.24	Sunday 13 December

## Partnerships Warragul dates

CODE	DATES
P20.25	Saturday 29 February
P20.26	Saturday 2 May
P20.27	Saturday 18 July
P20.28	Saturday 12 September
P20.29	Saturday 14 November

## Pre-marriage private sessions

FOCUS\* sessions allow couples to reflect on their relationship in a more private setting. Couples can explore their strengths and challenges and the future they want to build over three 1-hour sessions.

Cost is \$370 per couple if both are employed, or \$320 per couple concession.

FOCUS runs from several locations across Melbourne and Gippsland. To book, please phone the local office convenient to you:

- Dandenong 03 8710 9600
- East Melbourne 03 9287 5516
- Epping 03 8468 1305
- Footscray 03 9689 3888
- Geelong 03 5221 7055
- Ivanhoe 03 9287 5516
- Mitcham 03 9287 5516
- Pakenham 1800 522 076
- Warragul 1800 522 076

To find out more about our Marriage Education programs visit [www.ccam.org.au](http://www.ccam.org.au)

\*Facilitating Open Couple Communication, Understanding and Study.

*“The educators were fantastic! They tied all theory to examples, were non-judgemental, funny, smart and considerate to people from all backgrounds.”*