



#### Contact Us

To learn more about our services and programs, phone **03 9354 8854** or email [relate@relatewell.org.au](mailto:relate@relatewell.org.au)

To keep up to date with current programs and services, visit us at [www.relatewell.org.au](http://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/](http://www.relatewell.org.au/subscribe/)

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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**

**2018 - 2019**

#### Addresses of Course Centres

##### **Box Hill North**

Burgess Family Centre, 15 Barwon St

##### **Coburg**

RelateWell Centre, Suite 102, 398 Sydney Rd

For all enquiries contact us on:

**(03) 9354 8854** or  
**[relate@relatewell.org.au](mailto: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: .....

Suburb: ..... Postcode: .....

(Work): ..... (Home/Mob): .....

Ms: .....

Address: .....

Suburb: ..... Postcode: .....

(Work): ..... (Home/Mob): .....

Email: .....

We will attend Course No. E .....

Date: ..... Venue: .....

We will attend PREPARE (phone office to book)

Date: ..... Time: .....

Referred by: .....

Tick Selected Course (Prices GST Free; Valid 01/07/18 to 31/12/19)

I Day Sunday Course \$300 per couple (lunch NOT included)

PREPARE ..... \$300 per couple

Credit Card payment details:  Mastercard  Visa

Name of Card: .....

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry: \_\_\_\_ / \_\_\_\_ CVV: \_\_\_\_\_

Signature: .....

Office use only: Receipt No. .... Date ..... Signed



## 1 DAY COURSES

10.00 am - 4.00 pm .. \$300 per couple

### 2018 Venue I Sunday

E01	Box Hill North	Aug 5
E02	Coburg	Aug 19
E03	Coburg	Sept 09
E04	Coburg	Sept 23
E05	Box Hill North	Oct 07
E06	Coburg	Oct 21
E07	Coburg	Nov 11
E08	Coburg	Nov 25
E09	Box Hill North	Dec 02
E10	Coburg	Dec 16

### 2019 Venue I Sunday

E11	Coburg	Jan 20
E12	Coburg	Feb 10
E13	Box Hill North	Feb 24
E14	Coburg	Mar 17
E15	Coburg	Mar 31
E16	Coburg	Apr 14
E17	Box Hill North	Apr 28
E18	Coburg	May 12
E19	Coburg	May 26
E20	Coburg	June 16
E21	Box Hill North	June 30
E22	Coburg	July 14
E23	Coburg	July 28
E24	Box Hill North	Aug 11
E25	Coburg	Aug 25
E26	Coburg	Sept 8
E27	Coburg	Sept 22
E28	Coburg	Oct 6
E29	Box Hill North	Oct 20
E30	Coburg	Nov 3
E31	Coburg	Nov 17
E32	Coburg	Dec 1
E33	Coburg	Dec 15

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 \$300 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 \$60. Phone (03) 9354 8854 to book an appointment.