

## Marriage & Relationship Education

2026

Marriage and Relationship Education (MRE) prepares and rejuvenates a couple's relationship for the future years ahead.

Prior to the program couples will individually be invited to complete an online survey. The survey provides insights and an understanding of the relationship's strengths and areas of growth, this will allow the facilitator to provide a more personalised approach to the sessions for each couple. Areas the survey look at include:

Marriage Expectations	Communication	Conflict Resolution	Personal Stress Profile
Spiritual Beliefs	Personality	Sex & Affection	Relationship Roles
Children & Parenting	Family of Origin	Financial Management	Leisure Activities



To view MRE FAQ's and learn about the experience of previous MRE participants in our MRE participant video click [here](#) or scan the QR Code.

## Prepare: A program for couples preparing for marriage

Explore your relationship with the support of our facilitators and learn how other couples cope with life's stressors, honour their commitment, grow, heal, and express themselves.

Prepare Group Dates				
Term 1	Campbelltown	20, 21 February	Friday/Saturday	5.30-8/9-4.30
	Wollongong	13, 14 March		
Term 2	Campbelltown	29, 30 May		
	Wollongong	26, 27 June		
Term 3	Campbelltown	21, 22 August		
	Wollongong	18, 19 September		
Term 4	Campbelltown	13, 14 November		
	Wollongong	4, 5 December		
<b>Prepare Individual Couple Sessions (2 x 2 hour sessions)</b>				
Available by appointment				

## Enrich: A program for couples looking to strengthen their relationship

With the help of a supportive facilitator, strengthen your connection with a personalised snapshot of your relationship. Gain personal insights and a deeper and shared understanding of your relationship

<b>Enrich Individual Couple Sessions (2 x 2 hour sessions)</b>
Available by appointment

## Contact us or Scan the QR Code to Register

02 4254 9395

[intakeservice@catholiccare.dow.org.au](mailto:intakeservice@catholiccare.dow.org.au)

[www.catholiccare.dow.org.au](http://www.catholiccare.dow.org.au)

**Providing services across the Wollongong Diocese**

Funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

