



**RELATIONSHIP HELP:** Pre-Marriage Education Facilitators Rebecca Fairbairn and Dr Geoff Arnold from Centacare Rockhampton.

PHOTO: PICTURE SUPPLIED.

## Helping couples prior to marriage journey

**CENTACARE:** The Catholic Diocese of Rockhampton has been assisting Rockhampton families and the community for more than 35 years.

The not-for-profit organisation specialises in a range of services, one in particular giving young couples who are contemplating marriage the skills and insights into how they can manage their relationship as it develops.

Marriage educator Doctor Geoff Arnold is among six qualified facilitators who conduct the pre-marriage education program FOCCUS (Facilitating Open Couple Communication Understanding and Study).

FOCCUS is a core Centacare service that has been in oper-

ation since 1974 and covers a wide variety of topics relevant to married life such as communication, conflict management skills, personality match, parenting, careers, finance and spirituality.

Couples benefit from the opportunity to explore a closer view of their relationship, gaining insights into potential issues and learning about the tools and particular skills that may be relevant to their relationship as it grows.

Pre-Marriage Education enables couples to enter marriage with a fuller awareness of their unique strengths and the particular challenges they may encounter.

In the words of one

Rockhampton couple, "We highly recommend pre-marriage education for every couple about to be married. Both of us were a little hesitant at first but by the end of it all we walked out knowing it was all worthwhile.


"We were amazed to see how much we knew, but also what we didn't know about each other. It gave us a chance to find out what our goals were for life and marriage."

The program is conducted as a private, confidential session between the couple and the facilitator.

For more information phone Centacare Rockhampton now on 4937 6200 or visit [www.centacare.net/foccus](http://www.centacare.net/foccus)

## Tying the knot?

Every couple hopes that they'll live **happily ever after**. Only **ONE** in **FOUR** actually will. What makes the difference?



Centacare's Pre-Marriage Education (FOCCUS) is an open, fun and non-judgmental program designed to give couples contemplating marriage the skills and insights into how they can manage their relationship as it develops and grows.

**Contact us NOW for more information or to book.**

**Phone: 4937 6200**  
10 Bolsover Street, Rockhampton



For a **FREE** FOCCUS Factsheet go to:  
[www.centacare.net/foccus](http://www.centacare.net/foccus)