



Centacare's Family Relationship Services offer a wide variety of courses, workshops and groups designed to support strong and healthy relationships. These include:

Parenting Programs

A variety of programs incorporating the stages of children's development and the issues faced by parents. The programs also focus on the relationship between parents/carers and children.

Counselling Services

Centacare offer a variety of personal and family counselling options. Our counsellors are trained to assist couples experiencing difficulties in their relationships. Evidence suggests that addressing a problem early gives couples a greater chance of incorporating strategies to assist them to manage differences and build strong healthy relationships.



FAMILIES, YOUTH AND CHILDREN
EDUCATION AND TRAINING
HEALTH AND WELLBEING
CARER SUPPORT, DISABILITY
DOMESTIC VIOLENCE AND HOMELESSNESS

Relationship Education
45 Wakefield Street, Adelaide SA 5000
08 8215 6700
enquiries@centacare.org.au
www.centacare.org.au

A Child Safe Organisation
Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.



Centacare welcomes people who are intersex, gender diverse and of all sexualities.



Statement regarding the traditional owners of the land
For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



Quality Assurance
Centacare is a nationally accredited organisation assessed against the Quality Improvement Council (QIC) Australian Health & Community Services Core Standards and the Community Services Standards.



Relationship Education



What is Relationship Education?

Our program offers you an opportunity to identify the strengths and challenges in your relationship as informed by current research in this area and with the support of a professionally trained educator.

This process equips couples with conflict resolution and communication strategies, which can assist them as they navigate a life together.

Who should attend?

- Engaged couples
- Couples who are considering making a life long commitment to each other
- Couples considering marriage or changing living arrangements
- Couples who are living together

When should we attend?

For those couples with wedding dates already set, Relationship Education is best undertaken six months prior. However, we realise that is not always feasible and Centacare will be as flexible as possible in accommodating your individual circumstances.

About the Programs

We offer this program in two distinct ways:

1. Time For Us

Three or four private, one-hour sessions between the couple and an Educator. We use FOCCUS and other online relationship tools that are suited to your needs. This is a great springboard to start discussions regarding expectations, communication patterns, managing differences, conflict resolution, children, religion, culture and finances.

2. Is Love Enough?

Is great for those who enjoy working with others. It is run as a group session on a Friday evening and Saturday. This group session is based on current research about what makes long term relationships successful. A variety of topics are explored including communication, problem solving and conflict resolution. This forum gives couples the opportunity to explore these issues with other couples.

Please be aware the 'Is Love Enough' program may be cancelled if bookings are too low. In those circumstances you will be offered appointments in the 'Time for Us' program.

How To Book

Time For Us

Wednesdays between 5pm to 9pm and Saturdays between 9am to 1pm.

Day time appointments may be available upon request.

Is Love Enough?

Friday from 7pm to 10pm and Saturday from 10am to 4pm. Both sessions must be attended.

For information about fees and dates please go to our website:

<https://www.centacare.org.au/service/relationship-education-program/>

or call us on the number below.

Both courses are held in our city office at 45 Wakefield Street, Adelaide. Online options are available for people living in regional or remote areas.

Call 8215 6700 to register