

Bookings:

To book please indicate two date preferences in the table of dates and complete details overleaf, attach your payment of \$190 and forward it to:

St John's Care
GPO Box 219
CANBERRA ACT 2601
OR Email:

stjohnscare@velocitynet.com.au

A receipt and letter confirming your booking and workshop date will be forwarded to you.

Cancellations incur a \$50 administration fee.

Workshop Dates 2012:

- Saturday 25 February
- Saturday 21 April
- Saturday 23 June
- Saturday 15 September
- Saturday 24 November

Please write "1" in the box next to your first choice, and "2" in your second.

"The Facilitators were so caring and the workshop was fun."

Cost:

\$190.00 per couple covers:

- ♡ A one day workshop including lunch, morning and afternoon teas
- ♡ Reference material

Venue:

Workshops are held in the:
Robertson Room,
St John's Parish Centre,
43 Constitution Avenue, Reid.



Enquiries:

If you have any questions please contact
St John's Care on 6248 7771

or

stjohnscare@velocitynet.com.au
(office hours 9.00am-5.00pm, Mon-Fri)

Making Love Last

Taking the Journey into Commitment



2012

A Marriage and Relationship
Workshop
by
St John's Care

Objectives:

This workshop gives you an opportunity to pause and reflect on the nature and complexity of committed relationships. It provides opportunities to grow in understanding of yourself, your partner and your relationship. The key aims of the workshop are to:

- ♥ Develop a realistic perspective of relationships
- ♥ Understand intimate relationships as a vehicle for growth
- ♥ Explore commitment
- ♥ Identify the hallmarks of happy, successful, long-term relationships

"I learnt a lot more about my partner's feelings and needs"

"This workshop confirmed we are ready to get married"

"I learnt that the ups and downs we go through are common to other couples too..."

Spirituality is an important part of relationship. However, this workshop does not focus on the religious aspects of marriage. We believe that exploration of this issue is best addressed in discussions with your celebrant.

Content:

- ♥ Who am I in this Relationship?
- ♥ Win/Win Communication
- ♥ Honouring Difference
- ♥ Fighting Fair
- ♥ Maintaining Intimacy
- ♥ 7 Habits of Highly Successful Couples
- ♥ Resources and Support

"I learnt that disagreeing is OK, it's how you deal with it that matters"

"... highlighted issues we hadn't thought to talk about"

Format:

This program is a "work" shop, not a "talk" shop. The groups explore topics through activities, interactive discussions, couple exercises, mini-talks and debriefs.

There is no expectation or need for any individual or couple to disclose personal information. Your comfort is always a guide to your level of participation and the facilitators will respect your choices in this regard.

Bookings:

Wedding Date: ___/___/___
 Celebrant: _____
 Church/Parish _____
 Preferred Workshop Dates
 ___/___/___ - ___/___/___
 Payment Details:
 Payment of \$190
 (Cash/Cheque/Credit Card)
 Mastercard/Visa

Ms: _____	Mr: _____
(Surname) (Preferred Name)	(Surname) (Preferred Name)
Age: _____	Age: _____
Is this your first marriage? Y/N	Is this your first marriage? Y/N
Address: _____	Address: _____
Postcode: _____	Postcode: _____
Phone: (BH) _____	Phone: (BH) _____
Mobile: _____	Mobile: _____
Email: _____	Email: _____
Special Needs? (Access, dietary)	Special Needs? (Access, dietary)
_____	_____
Expiry Date:	Receipt No:
Name on Card:	