

## registration for workshops

Names .....

.....

Contact address .....

.....postcode .....

Tel (H).....(B).....

Occupation: His.....

Hers.....

- First marriage for both  
 Either partner has children

If applicable:

Date of marriage...../...../.....

Priest/Celebrant.....

Church/venue.....

Please note all prices include GST  
Anglicare-SA Inc ABN 691 875 78 153

- \$150 for group workshops  
 \$160 for individual couple sessions

I enclose a cheque/money order for \$.....  
made payable to Anglicare-SA

Please charge fee to my

- Visa  MasterCard  Diners  AmEx

Card Number .....

Expiry date ...../.....

Cardholder's name .....

Cardholder's signature.....

Post to Anglicare SA, 197 South Road  
Morphett Vale SA 5162

## where can I find Positive Choices?

Anglicare-SA Positive Choices is at Morphett Vale and  
Hindmarsh for more information contact:

**Call 8392 3100 Southern**

**Call 8301 4200 Hindmarsh**

Fax 8392 3150

Please call us for more information, or to make  
time for an appointment

preparing for  
marriage,  
preparing for *life*



## Positive choices

Family Centre South —

*Serving the Western and  
Southern regions*

**ANGLICARE**  
SA

**ANGLICARE**  
SA

# what is *Positive Choices*?

**Positive Choices** is a program designed to engage couples in reflection and developing skills to develop, support and maintain stable relationships.

## Individual Sessions

For couples approaching marriage or for couples wanting to continue to build a healthy relationship

## Group encounters

Workshops are suitable for couples marrying for the first time, to explore, share ideas and raise awareness of the skills needed to ensure successful relationships.

## Times

Group work programs are offered over weekends and can be organised to fit with groups that request similar timeslots.

## Costs

\$150 per couple (inc. GST) Early bird discount of \$20 for bookings made and paid one month in advance.

# Positive Choices

## What it can bring to your relationship

- Provide individual and couple wellbeing
- Give you and your partner a better understanding of self, each other and the relationship
- Development of relationship skills and behaviour
- Identify personality differences and relationship expectations
- Provide a sense of overall relationship satisfaction
- Open up safe places to discuss intimacy and commitment
- Reduce divorce rates

***...and provide a pathway to longer lasting relationships with healthy expectations***

***'I didn't think we needed a course on being married, but it proved to be one of the best things we ever did. The sessions were really enjoyable, and helped us learn so much about each other...'***

# individual sessions

## for just the two of you...

PREPARE, CC, ENRICH, MATE OR PREPARE-MC Programs are based on each partners response to a series of statements. These statements cover a wide range of relationship areas which can build or undermine a healthy marriage.

### • **PREPARE**

Preparation for marriage or re-marriage, for couples who are not living together.

### • **CC**

Preparation for marriage or re-marriage for couples who are living together.

### • **PREPARE-MC**

For couples preparing for marriage or re-marriage who have children.

### • **ENRICH**

An opportunity to enhance strengths and minimise trouble spots in marriage or marriage-like relationships.

**Cost** \$160 for three one-hour sessions (inc GST).  
Extra sessions \$50 a session