



## Vision

To be the first-choice provider of professional community services in the Catholic Diocese of Rockhampton.

## Mission

To share in the healing ministry of Jesus, by providing professional community services to enhance the wellbeing of individuals and families.

Call CentacareCQ on  
**1300 523 985**



 **CentacareCQ**  
DIGNITY • COMMUNITY • CHOICE  
[www.centacarecq.com](http://www.centacarecq.com)

Administration Office  
16 Bolsover St  
PO Box 819  
Rockhampton Q 4700  
E [admin@centacarecq.com](mailto:admin@centacarecq.com)

Family & Community Support Services

# FOCCUS

## Pre-Marriage Education Program



 **CentacareCQ**  
DIGNITY • COMMUNITY • CHOICE

**1300 523 985**  
[www.centacarecq.com](http://www.centacarecq.com)

## What is FOCCUS?

FOCCUS is a program in which a facilitator works with an engaged couple to help them prepare for married life. FOCCUS stands for 'Facilitating Open Couple Communication and Understanding Study'.

The couple individually complete a detailed questionnaire, covering a wide range of issues relevant to marriage. A follow-up discussion then occurs, guided by the responses given.

The course involves some work, some fun and most importantly, allows you to gain new insight into your partner and your relationship.

## Successful Outcomes

Research indicates that 80% of couples who attend pre-marriage education are still together 10 years later.

One of the key factors determining the success of the FOCCUS program is the couple's attitude to being involved. For the best results, it helps to be open-minded and believe this experience can make your great relationship even better! The success of the program depends on your honesty and willingness to communicate in a personal way. Confidentiality is assured throughout the program.

**FOCCUS will help your relationship strengthen and grow by:**

- Exploring personality traits
- Strengthening communication skills
- Resolving conflicts and reducing stress
- Comparing family backgrounds
- Comfortably discussing financial issues
- Establishing personal, couple and family goals

## How to Register

To register for a FOCCUS course, or for more information, call CentacareCQ on 1300 523 985.

FOCCUS is delivered in either a group setting with more than one couple participating or sessions for individual couples are available.

**The cost for each of these delivery modes are as follows:**

**Group setting:**

\$250.00 Per Course – 2 x 2 1/2 Hour sessions

**Individual:**

\$120.00 Per Hour (office hours)

\$175.00 Per Hour (out of office hours)

Individual FOCCUS delivery usually takes up to 3 ½ hours, this can be delivered over a number of sessions to meet your needs.

*“If you want a love message to be heard, it has got to be sent out. To keep a lamp burning, we have to keep putting oil in it.*

**- Mother Teresa**

