

Couples Programs

All relationship education programs at LifeWorks are about healthy relationships. They are not based on a religious perspective or have a particular view about how relationships should be. They are designed primarily to raise couples' levels of awareness about their relationship and themselves and are an opportunity to think about what goes into creating a healthy marriage or committed relationship.

The aim is to assist couples explore their relationship strengths and to think carefully about their relationship into the future. Our programs are not intended to change your mind about your decision to marry but to enrich your relationship and provide knowledge and skills that you can use.

Which program is best for you?

Option 1: Group Program - Committed Couples \$225 per couple

Your relationship is special. This pre-marriage program is conducted as a fun, group learning experience. This means that couples are encouraged to share their experiences if they feel comfortable to do so, as well as having time to work independently with their partner. It is ideal for first marriages or for couples investigating the potential of their relationship. It is also suitable for those who are living together and are planning marriage.

Option 2: Individual Couples Program - Prepare / Enrich Questionnaire \$295 per couple

Some couples might prefer a more private consultation or may have specific relationship situations on which they would like to focus (for example, when they have a long standing relationship, when they have children, different cultural backgrounds or a blended family). For these couples the individual Prepare program is recommended.

This private couples program offers a range of options that address various life stages and relationship situations. Professional facilitators are available to conduct the program in a number of locations throughout Melbourne and surrounding regions. Usually three private sessions of approximately 1¼ hours are involved although we can now offer an on-line

version of the first session with two follow-up private sessions being held with your facilitator. Following registration into the program appointments will be scheduled with you by the program co-ordinator for convenient times and places.

Option 3: Growing Together \$495 per couple is a dynamic new couples relationship program suitable for all couples, at any life stage. This exciting and unique way of enhancing your relationship is offered in an intensive two-day weekend workshop. You will be equipped with the skills and tools necessary to manage the stresses of day to day living and to develop and grow your relationship to become exactly what you want. Learn how to strengthen your love and admiration for each other, learn how to work as a team, and learn about important principles for making your relationship better over the long term. (‘Growing Together’ is not suitable for couples where there is violence, intimidation, addiction or mental health issues that are unaddressed.) Growing Together Information Sheet

Please note a fee will apply for all cancellations within 7 days of the course.