



Celebrations

by Cate

Where to go for Pre-Marriage Guidance

Places a couple can go for relationship guidance:

Why Marriage Preparation?

Marriage preparation is intended to enhance your relationship by providing you with specific information and skills that improve communication, conflict resolution, and marital satisfaction.

Marriage preparation is not a screening process to determine whether people should or should not be married. The couple has already made the decision to marry. Premarital counselling is intended to identify areas where improved communication could be beneficial, and to build upon existing skills and develop new ones that will improve relationships and satisfaction.

Hundreds of studies continue to document the benefits of marriage preparation and education.

A review of 23 marriage studies found:

Premarital counselling improves the strength of marriages by 30 percent.

Even couples who don't foresee relationship problems before exchanging their vows report a benefit from premarital guidance.

Couples not only communicate better after receiving premarital guidance, they also adjust better to married life.

www.relationships.com.au/courses/life_relationship_courses/canberra-region/

[course_view?type=support&id=1921](http://www.relationships.com.au/courses/life_relationship_courses/canberra-region/course_view?type=support&id=1921)

http://www.lifexplored.com.au/pfoid_bol.htm

'Life Explored' is a counselling and life-skills education practice in Parramatta, NSW.

They offer a number of programs including this one in their rooms at Level 4, 91 George Street, Parramatta or as interactive eBooks on CD ROMs.

You can contact them on 02 96331789 or through their website

PREPARING FOR OUR 'I DO'

This programme is available in a face to face format or it can be purchased as an interactive e-Book. In both formats, topics covered include in-laws, cross-cultural issues, finances, communication, resolving conflict, using intimacy to enrich life together and the influence of growing up in different families on a couple's relationship.

The programme provides useful insights into relationships and outlines skills to better communicate needs and opinions with each other. There are also a number of fun-filled exercises which reinforce the information contained in the programme.

www.couplecounselling.com.au - 0416 0416 99 – Location CBD www.youme.us

Gives you the opportunity to ask for advice over the internet.

Pre-marriage Education Programs

Relationships Australia - <http://www.relationships.com.au>

Education Programs Northern Beaches

SYDNEY - NORTHERN SUBURBS

(All appointments for Northern suburbs are made through the Lane Cove number below)

Lane Cove

5 Sera Street

Lane Cove NSW 2066

Telephone: 02 9418 8800

Telephone: 1300 364 277

Fax: 02 9418 8725

Neutral Bay

190-192 Military Rd

Neutral Bay NSW 2089

Turrumurra

1334a Pacific Highway Turrumurra NSW 2074

Premarital Online:

<http://www.premaritalonline.com/>

Premarital Online offers three outstanding programs to help couples enhance their relationships, increase happiness, reduce marital conflict, and promote healthy and fulfilling marriages. And, we do these things with the highest level of convenience and customisation for our clients.

Our three unique programs meet or exceed most state and clergy requirements for premarital education. Your options include:

Downloadable Audio/Web-based Program: Our completely self-directed audio and online marriage preparation program. This option lets you begin immediately—download right now and complete it at your own pace.

Phone and Web-Based: A comprehensive, real-time, in-person program delivered entirely via phone and web. Allows couples the ultimate in flexibility, even when they are living or travelling in different cities.

Register today and you will be contacted to schedule a convenient time for your first session.

<http://www.familyrelationships.org/sydney/preMarriageEducation>



Law website for free practical information:

Just Answer will have your questions answered about the law.

Law access 1300 888529 – free legal assistance by phone and internet

www.lawaccess.nsw.gov.au

This site covers the following:

Property and money after marriage breakdown

Register a Marriage

Making a complaint about a marriage celebrant

[Marriage breaking down](#)

Marriage Certificates - Who can apply Marriage Certificates

Overseas Marriages

Nullity

Have you been married less than 2 years? Legal aid in my Area:

Manly Library – 9976 1720

Legal Access Centre – A legally trained librarian will assist with your requests.

Family Law Courts: 1300 888 529

Manly Legal Aid: 9977 1479 – Ask to make an appointment for Family Law.

National Enquiry Centre – 1300 352 000 Aid with proceedings and legal forms

Relationships Australia - <http://www.relationships.org.au>

Interrelate - <https://www.interrelate.org.au>

My Contact Details:

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website: celebrationsbycate.com.au