

A pre-marriage, pre-commitment and relationship enrichment program

Identify strengths and growth areas in your relationship with the support of an experienced counsellor.

Prepare/Enrich® is ideal for couples who:

- want to take an inventory of their relationship before marrying or making a long-term commitment
- have been together for a long time and want to check in for support around life changes and transitions, such as becoming 'empty nesters', retiring, ageing or experiencing health problems
- want to enrich and strengthen their ongoing relationship.

How it works

1: Online questionnaire

Before you attend your first session, we'll send you and your partner a questionnaire to complete.

There are no 'right' or 'wrong' answers, but it will help you both to think about the different parts of your relationship, your life goals, and your personal views and values. The questionnaire software will analyse your answers and send the results to our counselling team.

2: Counselling sessions (In-person or online)

You'll then attend 3 x 1-hour sessions together where a counsellor will support you to:

- learn more about the program
- complete some basic relationship and safety assessments
- discuss your answers to the questionnaire
- identify and talk about your relationship strengths and areas for improvement
- talk about your shared values, ideals, expectations and any issues that may need attention
- work together to enhance and strengthen your relationship.

Session topics may include:

- communication
- conflict resolution
- partner style and habits
- financial management
- leisure activities
- affection and sexuality
- family and friends
- relationship roles
- retirement
- life transitions
- parenting
- relationship transitions
- other topics that are important to you.



Reasons to take part in Prepare/Enrich

- ✓ Share different perspectives
- ✓ Learn more about each other's values
- ✓ Strengthen your communication skills
- ✓ Compare your expectations of your life ahead together
- ✓ Discuss life or relationship transitions
- ✓ Explore ways to resolve conflict
- ✓ Set individual & shared goals for the future
- ✓ Give each other the wonderful gift of investing in your life together.

Meeting you where you are

We welcome couples of all ages, sexual orientations, gender identities and cultural backgrounds.

The program is customised for different life stages. We can support you and your partner if you are dating, defacto, engaged (living apart or together), married, planning to marry and have children from a previous relationship, or if you have been married/committed for some years and are seeking to strengthen your relationship.

This program is not appropriate for couples experiencing family violence. Visit rav.org.au/affected-family-violence to learn more or contact your nearest centre to discuss how we can support you through one of our other services.

Program location

The questionnaire is completed online. Counselling sessions are available online or in person at the centres listed below.

Cost

Please contact your nearest centre for program pricing.

Getting started

To register or find out more about this program, please contact your nearest centre.

- **Ballarat:** (03) 5337 9222 or ballarat@rav.org.au
- **Cranbourne:** (03) 5990 1900 or cranbourne@rav.org.au
- **Greensborough:** (03) 9431 7777 or greensborough@rav.org.au
- **Kew:** (03) 9261 8700 or kew@rav.org.au
- **Sunshine:** (03) 8311 9222 or sunshine@rav.org.au
- **Traralgon:** (03) 5175 9500 or traralgon@rav.org.au

About us

-  Over 75 years' counselling experience
-  Qualified, experienced counsellors
-  In-person and online counselling sessions
-  Metropolitan and regional locations

Relationships Australia Victoria (RAV) is a community-based, not-for-profit organisation with no religious affiliations.

We have over 75 years' experience providing family and relationship support services from more than 21 locations across metropolitan Melbourne and regional Victoria.

Our vision is for positive, respectful, safe and fulfilling relationships for all Australians.



We are committed to providing safe, inclusive and accessible services for all people.



We acknowledge First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia and we support their right to self-determination and culturally safe services.