



Who we are

Relationships Australia Victoria (RAV) is a valued provider of specialist family and relationship services. Our vision is for positive, safe and respectful relationships for couples, families, schools, workplaces and communities.

Our objective is to relieve suffering, distress and helplessness and to enhance physical, social and emotional wellbeing.

As a secular, community-based, not-for-profit organisation, our services are for all members of the community, regardless of religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances. We respect the rights of all people in all their diversity to live safely and with dignity, with their families and within their communities, and to enjoy healthy relationships.



Relationship preparation programs

PREPARE For couples who are marrying or making a formal commitment.

PREPARE-MC For couples with children who are marrying or making a formal commitment.

Each program involves three one-hour sessions, which are scheduled over four weeks. Day and evening meetings are available. Due to demand, we suggest that you make your first appointment well in advance.

For follow up information and appointments and costs please contact your nearest RAV centre:

Boronia	phone 9725 9964
Cranbourne	phone 5990 1900
Greensborough	phone 9431 7777
Kew	phone 9261 8700
Sunshine	phone 8311 9222
Ballarat	phone 5337 9222
Shepparton	phone 5820 7444
Traralgon	phone 5175 9500

www.relationshipsvictoria.com.au

Funded by the Australian Government.

Relationships Australia
VICTORIA

*Build a strong
relationship to last
across the years*



Relationship, marriage and
commitment preparation

Relationships Australia
VICTORIA

Build a strong relationship

It's simple, isn't it? You love each other.

You want a good life together, whether you're just about to marry, commit, or you've been a couple for years.

You want your relationship to last through all the twists and turns that may lie ahead. It's a wonderful goal to share.

But great relationships don't just happen. Like your health or your career, your relationship is something you should look after and nurture.

Putting in some time today to plan your future together can help give your relationship the strength to last.



Relationship preparation

If you have decided to marry or make a long-term commitment to each other, congratulations!

This is an ideal time to focus on the future and plan your lives together, beyond the big day.

Our **PREPARE** program will help you to:

- identify and build on the strengths of your relationship
- share different perspectives
- find out more about each other's values
- strengthen your communication skills
- compare your expectations of the life ahead together
- explore ways to resolve conflict
- set your individual and shared goals for the future
- develop a financial plan together.

By completing the program, you'll have given each other a wonderful gift and made a great investment in your future.

Forming a new family

If your relationship already includes children from previous relationships, our **PREPARE-MC** program may be for you.

Your marriage is not only a commitment to each other, it will also create a new family group.

PREPARE-MC helps you talk to each other about and plan this important part of your lives together.

This program also includes the areas covered by the **PREPARE** program.



How we can help

RAV offers counselling to couples at all stages of their relationship. Pre-marriage or pre-commitment counselling sessions can be arranged for you at any of our centres.

However, if you would like a more structured approach to relationship matters our **PREPARE** course may be the best choice for you.

Our personalised approach to relationship preparation and enhancement can really make a difference to your partnership.

You'll understand more about yourselves, each other and your relationship.

Each program is conducted over three private sessions with a professional RAV counsellor.

Firstly, you each complete a questionnaire which covers a wide range of areas including your family backgrounds, life goals and personal perspectives. There are no "right" or "wrong" answers.

In the sessions which follow, you work with your counsellor to use the computer-analysed outcomes from your questionnaires as a basis to discuss your lives together.