

What is Marriage Relationship Education (MRE)?

MRE gives couples the opportunity to invest in the future of their Marriage by setting time aside to discuss strengths in their relationship and the standards they would like to set as a couple.

Couples might be in love, but may not be equipped with skills such as communication, intimacy and connection. It is also common for couples to seek counselling at a much later stage of marriage when conflict is already entrenched.

MRE helps develop healthy foundations to navigate the most important partnership of your life.

The CatholicCare Sydney MRE course meets the requirements of the Sydney Catholic Archdiocese, Marriage Preparation. A Certificate of Attendance is provided to present to your celebrating priest.

For married couples, MRE gives you a chance to reflect on the challenges of married life and learn skills to reconnect. It allows you to refocus your shared goals, values, and rituals of family life for a fulfilling marriage.

We also welcome couples who are not engaged, but who wish to explore their relationship and build some knowledge and skills with a view to