



MARRIAGE AS A SACRAMENT

Marriage is a sacrament that takes place in the Church and which also makes the Church by giving rise to a new family community. The love between spouses is an image of the love between Christ and His Church.

HOW TO BOOK

To check course dates and register for our Course or to enrol for SmartLoving Online please visit parracatholic.org/pmp

To speak to a course coordinator, contact ☎ **8838 3460** // ✉ lmf@parracatholic.org

Cost

Weekend Course – \$295 per couple
SmartLoving Online – \$160 per couple

THE PRE-MARRIAGE PREPARATION
PROGRAMS HAVE BEEN APPROVED BY
THE DIOCESE OF PARRAMATTA



DIOCESE of PARRAMATTA



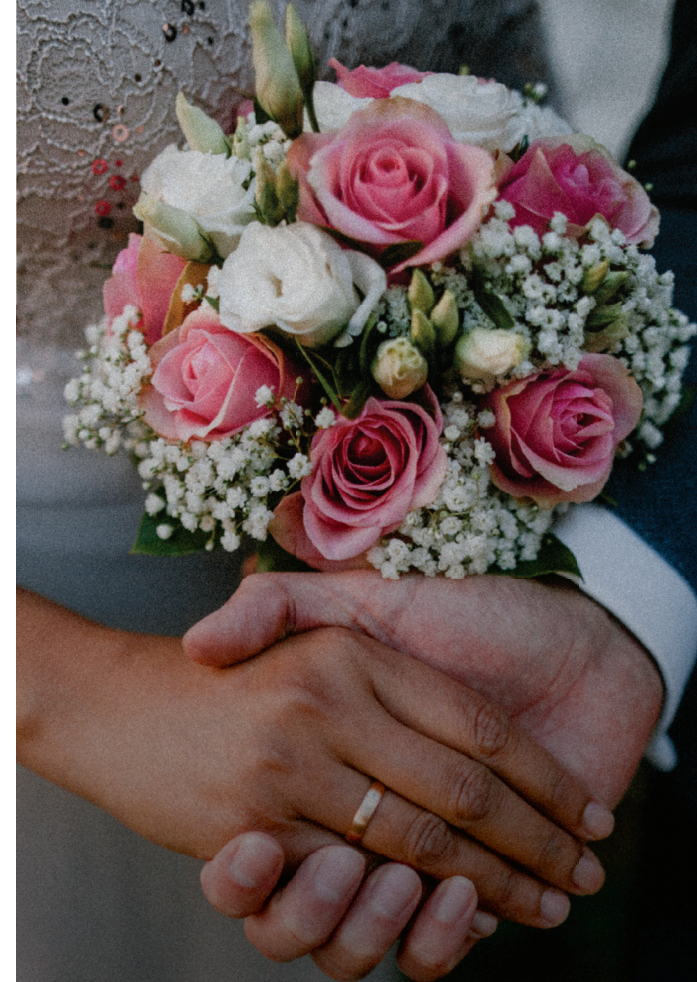
This resource is produced by
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Diocese of Parramatta

To obtain more copies of
this brochure, please contact

☎ **02 8838 3460**
✉ lmf@parracatholic.org

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Pre-Marriage Preparation

A WEDDING TAKES A DAY.
A MARRIAGE LASTS
A LIFETIME.



Life Marriage & Family Office
DIOCESE of PARRAMATTA

WHAT IS PRE-MARRIAGE PREPARATION?

The Diocese of Parramatta offers two marriage preparation programs for couples:

1. Weekend Course
2. SmartLoving Engaged Online with nine online sessions with the option of a sponsor couple

Both preparations are designed to strengthen and enrich your relationship and work on building a rewarding life together.

Both preparations offer couples activities designed to explore your relationship together to:

- Build skills
- Use the difficult times to grow

OUR PRE-MARRIAGE PREPARATION

PRE-MARRIAGE WEEKEND COURSE

Conducted in a group setting.

Fridays 7pm – 10pm

Sundays 9am – 4:30pm

This course offers sessions on:

- Catholic Marriage
- Family of Origin
- Sound Marital House
- Communication
- Managing Conflict
- Couple Intimacy
- Natural Family Planning

SMARTLOVING ENGAGED ONLINE

Nine multimedia sessions online of approximately 1.5hr sessions

- Work at your own pace and in your own home
- Complete the course in nine weeks, minimum of four weeks required
- Option of being accompanied by a sponsor couple from your parish
Please discuss this option with your Priest or Deacon