

## What will this do for us?

- Positive Choices gives you a chance to think about yourselves — individually and as a couple, now and into the future
- It will give you and your partner a better understanding of how you live with your differences
- It will help you evaluate and improve your relationship skills
- It will help you identify communication differences, and how you resolve conflict
- It will focus on ways you can give quality and depth to your relationship
- It will create safe emotional space in which you can discuss things like intimacy, children, money and co-operating on your life's dreams

## To book, or to find out more...

Anglicare SA's Positive Choices courses serve the whole metropolitan area, and are based in the southern and western regions.

To find out more about Positive Choices, call us

Our offices are at

### Hindmarsh

184 Port Road  
Telephone 8301 4200

### Morphett Vale

197 Main South Road  
Telephone 8392 3100

## Getting married?



## Positive Choices

*it's about you...  
both*

**ANGLICARE**  
SA

**ANGLICARE**  
SA

# What is Positive Choices?

Positive Choices is a program to help couples reflect on themselves, and develop their skills to support and improve their relationship

It is used especially before marriage, but can be used at any time to help couples re-invigorate their nurturing and communication skills

There are specific programs for couples about to get married, couples where one or both is getting remarried, for couples with children and couples who have been together for many years

Sessions are arranged to suit you during weekdays or evenings

There is a standard fee for the three sessions, with discounts for day sessions. Concessions are available



# How does it work?

There are three sessions for each couple

At the first session, you each fill out a comprehensive questionnaire on all aspects of your relationship

Your responses are computer analysed, and the second and third sessions are scheduled in the following weeks

At the later sessions, the facilitator uses your answers to open up discussions on your relationship, covering issues like

- marriage expectations
- personality issues
- communication
- conflict resolution
- financial management
- leisure
- sexual expectations
- role relations
- children
- spiritual beliefs
- closeness
- flexibility
- family of origin

# What it is

It is entirely confidential — it is between you and our professional facilitator

It is an exciting exploration of your relationship and how it works

# What it's not

It's not about finding problems. It's about looking for your strengths

It's not about counselling. If bigger issues emerge, we can refer you to a counsellor. Positive Choices helps you to work out where and how you best work together

It's not a guarantee your marriage will work. It is an opportunity for you both to take the space and time to explore life issues, even those you may not have thought about

It's not the final word on your relationship. It's a starting point for you both

***"I didn't think we needed a course on being us — but it proved to be one of the best things we ever did. The sessions were enjoyable, helped us learn a lot about each other..."***