



centa  
care  
FNQ

MAKING A DIFFERENCE



## FOCCUS for Couples

Identifying relationship strengths and areas of growth

# FOCCUS for Couples

FOCCUS is a training program designed to help couples learn more about themselves and their unique relationship. The program involves asking each partner to respond to a comprehensive set of statements thus allowing the facilitator to identify strengths and areas of growth in feedback sessions.

- FOCCUS is not counselling
- FOCCUS is confidential
- FOCCUS is not a test that you pass or fail
- FOCCUS can be fun and enlightening

Research shows that people entering into marriage or a long term relationship benefit from exploring their relationship in depth. Encouraging discussion in a broad range of topics can help couples to enhance their relationship.

For more information about how FOCCUS could benefit you and your relationship, visit the Centacare FNQ website, phone (07) 4044 0130 or email [client.intake@centacarefnq.org](mailto:client.intake@centacarefnq.org).



## **Centacare FNQ**

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