

About Relationships Australia

Relationships Australia has been a leading provider of relationship support services for over 60 years. We are a national network of Relationships Australia organisations, operating out of 200 centres nationwide.

Our services include:

- Counselling for individuals, couples and families
- Online and telephone counselling
- Relationship and parenting skills education
- Children and adolescent services
- Services for separating families through Family Relationship Centres
- Family dispute resolution
- Children's contact services for separated parents
- Family safety programs
- Specialist services for people who have been in out of home care
- Humanitarian entrants program
- Community development activities to build social inclusion
- Aboriginal Counselling Service and partnership programs for Indigenous communities
- Employee Assistance Programs for companies
- Training, seminars and supervision for family support professionals
- Accredited Professional Training courses.



Relationships Australia NSW has services in:

Metro:

- Blacktown
- Campbelltown
- Dee Why
- Hurstville
- Lane Cove
- Neutral Bay
- North Ryde
- Parramatta
- Penrith
- Sydney City
- Westmead

Regional:

- Bathurst
- Bowral
- Gosford
- Lithgow
- Maitland
- Newcastle
- Raymond Terrace
- Wollongong
- Cowra
- Forbes
- Oberon
- Orange
- Wyong

Relationships Australia[®]
NEW SOUTH WALES

MY CHANGING FAMILY AND ME COURSE



Relationships Australia[®]
NEW SOUTH WALES

1300 364 277
www.nsw.relationships.com.au

My Changing Family and Me

The Relationships Australia 'My Changing Family and Me' six session course is for children aged from five to 12 years and their separated parents.

The course is a place where children can learn ways to express and deal with their feelings about the changes happening in their family. Managing change can be talked about in a relaxed way with other children in a similar situation.

The course requires the involvement of both parents, who will be asked to attend an interview at separate times, to ensure the course is the right one for their family.

This course is suitable for parents who have been separated for more than three months and where there is no current family violence.

Relationships Australia services are available to people of all cultural backgrounds, family structure, gender and sexual orientation.



My Changing Family and Me Course

The course will support children moving between two homes on a regular basis. It will also help parents to learn ways to support children through the changes happening in the family.

A specific parent only session is run at the beginning of each week. Parents join their children for an activity at the end of each session.

Parents are asked to negotiate with each other to choose which sessions they will attend. The suggestion is that parents attend alternate weeks.

Parents will also be asked to attend a feedback session on completion of the course.

Our staff

We have a skilled team of staff with qualifications and experience in Social Work, Psychology, Counselling, Group Work, Community Work, Mediation and Family Dispute Resolution.

Relationships Australia[®]
NEW SOUTH WALES



Booking a Course

No referral is required. To make a booking, or for more information call 1300 364 277 or go to www.nsw.relationships.com.au and key in 'My Changing Family and Me' to find the course available closest to you.

You can also email us at: enquiries@ransw.org.au.

Course fees are subsidised by the Federal Government, clients pay a part fee based on family income.

Related services

Relationships Australia NSW offers a range of services including face to face, online and telephone counselling and mediation.

For online counselling, go to RelationshipHelpOnline www.relationshiphelponline.com.au. For telephone counselling or mediation call 1300 364 277

Emergency counselling sessions are not available with Relationships Australia.

Contact details

To find out more please call us on **1300 364 277** and you will be connected to your local Relationships Australia service. You can also email us at enquiries@ransw.org.au.