

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

PARENTING AFTER SEPARATION

Focus on Kids Course



Relationships Australia[®]
NEW SOUTH WALES

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

About Parenting after Separation

The Relationships Australia Parenting after Separation course is for parents who are separated and want to learn more about raising children and managing ongoing relationships with former partners effectively.

The course helps parents to understand and focus on the needs of their children after a separation, even where there is ongoing conflict.

The group will provide support and a chance to meet others in a similar situation.

Parents attend separately from their former partners.

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



Parenting after Separation Course

The six week course focuses on:

- Learning constructive ways to deal with conflict after separation and how conflict affects children.
- Understanding past, unhelpful patterns of relating and managing your own feelings.
- Making change possible by highlighting the best interests of the child.
- Developing parenting skills to best meet your child's needs.

Our staff

We have a skilled team of practitioners with qualifications and experience in a variety of fields, such as Social Work, Psychology, Counselling, Group Work, Community Work, Mediation and Family Dispute Resolution.

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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 ww.nsw.relationships.com.au and key in 'Parenting after Separation – Focus on Kids' to find the course 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.

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

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.