

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

SELF ESTEEM AND COMMUNICATION COURSE



Relationships Australia[®]
NEW SOUTH WALES

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

About Self Esteem and Communication

The Relationships Australia 'Self Esteem and Communication' course is for men and women who want to develop strategies to enhance their self esteem, self confidence and communication skills.

The course will help participants identify their own strengths and gain a better understanding of themselves and others.

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



The Self Esteem and Communication Course

The Self Esteem and Communication multi session course provides an opportunity to be supported while learning new skills, to build trust and to learn more about relationships.

Topics covered include:

- Building self esteem and confidence
- Recognising your behaviours and responses when communicating with others
- Problem solving skills
- Caring for yourself.

This course can be run as a mixed gender course, a women only course or as a men only course.

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 about the course call 1300 364 277 or go to www.nsw.relationships.com.au and key in 'Self Esteem and Communication' 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

Relationship 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

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.