

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

1300 364 277

www.nsw.relationships.com.au

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WOMEN: CHOICE AND CHANGE COURSE



About Women: Choice and Change

The Relationships Australia Women: Choice and Change course is for women who have experienced an abusive relationship.

The course offers women a chance to meet with others who have had similar experiences, to talk through their concerns and look at positive choices for the future.

Women: Choice and Change supports women to build self esteem skills, community connections and take responsibility for their own lives and those of their children.

Relationships Australia regards safety for women and children as a priority for women who attend this course.



Women: Choice and Change Course

This multi session course focuses on:

- Looking at past relationships
- Communication styles
- Feelings of grief and loss
- Managing stress
- Appreciating gender roles
- Levels of confidence
- Building self esteem
- Creating equality in relationships

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

Our staff

We have a skilled team of practitioners with qualifications and experience in a variety of fields, such as Social Work, Psychology, Counselling, Community Work, Group 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 about the course call 1300 364 277 or go to www.nsw.relationships.com.au and key in 'Women: Choice and Change' to find the course closest to you.

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

This course is free to attend.

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

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.