

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

BUILDING COUPLE RELATIONSHIPS PROGRAM



Relationships Australia[®]
NEW SOUTH WALES

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

Building Couple Relationships

The Relationships Australia 'Building Couple Relationships' program is for couples embarking on a long term committed partnership, who want to learn more about maintaining successful relationships.

We offer:

- A one day seminar (Building a Lasting Relationship)
- A Questionnaire (Prepare™) and two follow up sessions with a counsellor

In some regions we offer both the seminar and the Prepare Questionnaire. Call 1300 364 277 for further information on locations.

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

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.

Building a Lasting Relationship Seminar

The 'Building a Lasting Relationship' one day seminar brings a small group of couples together to discuss practical ideas and strategies to strengthen relationships and manage conflict.

Some of the areas covered include:

- Communication: focused on listening and responding skills so you both feel heard in the relationship.
- Managing change: looking at predictable stages that occur in the course of a relationship.
- Differences: living with them lovingly.
- Intimacy: blocks and bridges and how to manage them.

Our group facilitators use a range of approaches, based on what is appropriate for each couple and their particular issues.

The Prepare Questionnaire

The questionnaire (Prepare™) and counselling sessions are a personalised way of identifying the strengths and areas for further growth in your relationship.

Prepare™ includes a session where each partner answers a research-based questionnaire followed by two feedback sessions with a counsellor to review your unique combination of answers and talk through the identified issues.

Prepare takes place over three sessions – the questionnaire and two feedback/counselling sessions.



Making a booking

No referral is required. To enquire about the Prepare questionnaire call 1300 364 277 to find the location closest to you.

To enquire about Building a Lasting Relationship call 1300 364 277 or go to www.nsw.relationships.com.au and key in Building a Lasting Relationship to find the course closest to you.

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

Related services

Online and telephone counselling are also available. For online counselling, go to **RelationshipHelpOnline: www.relationshiphelponline.com.au**. For telephone counselling 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.