

Relationships Australia

NEW SOUTH WALES

Media release

Wednesday September 7 2011

Support Available for All Kinds of Families

Counselling support and relationship courses and seminars are available for families experiencing difficult times or those who just want to strengthen their relationship, Lyn Fletcher, Director of Operations Relationships Australia NSW said.

“Developing and maintaining strong and healthy relationships is vital for our long term well-being and quality of life,” Ms Fletcher said. “At Relationships Australia, we offer many courses and seminars to support people to develop their relationship skills or to offer guidance and support for the difficult times. We’re here to help couples, parents, single parents, gay and lesbian couples, young people – anyone who has decided to make a change to their relationship or parenting skills.”

The format could be a course, workshop or seminar focused on building a new relationship, parenting, step-parenting, managing after separation, supporting adolescents and children, grandparents as carers or building self-esteem and communication skills. We also provide programs for families to address aggression and violence.

“The fact is, relationship and parenting skills can be learned – they don’t always come naturally. Counselling and relationship courses can really help us develop a myriad of skills that will improve our lives, and that of our children.”

“The breakdown of a relationship is a difficult time for everyone, especially where there are children involved. Parents need to find a way to move on from their disagreements with each other and focus on the needs of the children and how best to support them through the changes happening in their family,” Ms Fletcher said.

In the process of a separation, people who wish to resolve disputes in relation to their children are now required to first attend Family Dispute Resolution, and make a genuine effort to resolve their disputes, before they can pursue the matter through the courts. There are some exceptions such as matters involving family violence or child abuse.

“Exposure to ongoing conflict can be very damaging and has lasting consequences for children. Children need to feel safe, loved and valued by both parents, to have the opportunity for a positive relationship with each parent if possible, and to not be involved in parental conflict.

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Individual, Couple & Family Counselling, Relationships & Parenting Courses, Post Separation Services, Children’s Contact Services, Family Relationship Centres, Adolescent Services, Family & Workplace Mediation
Corporate & Business Consultancy, Professional Training & Consultation

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“There are different styles of parenting after separation – the best one is where parents are able to reach out and build a bridge between them that supports the needs of their children.

“If family members or friends are concerned about how someone is coping with separation or divorce, they should suggest they seek the professional help that is widely available, especially through Family Relationship Centres or Relationships Australia,” Ms Fletcher said.

The contact number for the Family Relationship Advice line is 1800 050 321 or you can go to the Relationships Australia NSW website at www.nsw.relationships.com.au.

Relationships Australia services include counselling for individuals couples and families (face-to-face, telephone and online); parenting and relationship education; support for families going through separation; specialist services for people who have left out of home care, refugee families and Aboriginal communities; workplace counselling and training; employee assistance programs and consultancy for companies; and training for family support professionals. Relationships Australia NSW is part of a national network of over 200 centres.

Relationships Australia courses are offered in Bathurst, Penrith, Westmead, Lane Cove, Sydney city, Illawarra, the Hunter region and surrounding areas. Some of the courses are free of charge or at minimal cost.

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