

Relationships Australia (NSW)

Counselling

For couples, individuals, and families with children and adolescents who are seeking improved relationships, or resolution of relationship difficulties.

Counselling is about helping you to discover positive ways to manage changes in your relationships. You may learn how to find your way through difficulties and come to terms with what has happened. Counselling may assist you to make decisions about your future.

For appointments call: 1300 364 277



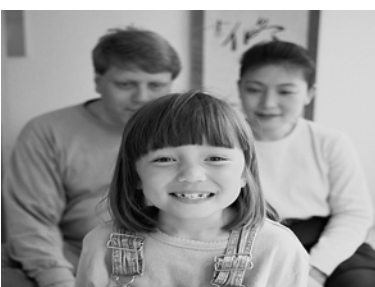
Mediation

For those people whose relationships have ended and who need help to resolve matters regarding the care of children and maintenance, financial arrangements, and property settlement.

Mediation offers a framework to support the decision making process for you as individuals, as a separating couple, as parents and also to your children. Mediation takes place in an environment of cooperation, using a structured decision making process focusing on your future needs, or those of your family.

Guided by a skilled mediator, the process encourages people to discuss problems and develop the solutions which best suit their needs.

Ph: 02 9387 4211



Child Contact Service

For separated parents having difficulty establishing and maintaining non-conflictual contact arrangements.

Child Contact Service provides a safe and positive environment for children to have contact with a parent or extended family. Child Contact staff can help plan, negotiate and set up contact arrangements and facilitate changeover to enable the child(ren) to be transferred smoothly from one parent to the other at contact times. Newcastle/ Gosford.

Ph: 02 4940 1500



RAPS Adolescent Family Therapy and Mediation Service

RAPS provides assistance to adolescents and their families where there are problems which might lead to family breakdown and result in homelessness.

For families in conflict, help is available for issues involving juvenile justice, suicide attempts, truancy, drug and alcohol issues, extreme conflict and disagreements about family rules and expectations.

Ph: 02 9890 1500

RAPS Free call: 1800 654 648



Relationship Education Courses:

Relationship Education Courses can provide skills to individuals to move on after separation, manage their parenting of children, and to turn the pain of separation into the start of a new life. Relationship courses, varying from 2 hour interactive seminars to 8 week programs, are designed for individuals, parents and children.

Ph: 02 4731 6744

Sydney - Northern Suburbs

Lane Cove, Neutral Bay and Turramurra

Ph: 02 9418 8800

1300 364 277

Sydney- City, East And Southern Suburbs

Bondi Junction and Rockdale

Ph: 02 9387 4211

1300 364 277

Sydney - Western Suburbs

Westmead, Leichhardt,

Bankstown

Ph: 02 9806 3299

1300 364 277

Hunter Region

Broadmeadow, Cessnock,

Gosford, Raymond Terrace

Ph: 02 4940 1500

1300 364 277

Illawarra Region

Wollongong, Campbelltown,

Bowral

Ph: 02 4228 7711

1300 364 277

Mediation Services for all areas

Ph: 02 9387 4211

RAPS Adolescent Family Therapy and Mediation Service

(RAPS service is available

through all Relationships

Australia Sydney offices)

Ph: 02 9890 1500

RAPS Free call: 1800 654 648

ARC: The Aftercare Resource Centre

Ph: 02 9890 3899

ARC Free call Helpline:

1800 656 884

Family Skills & Relationship Education For all areas

Ph: 02 4731 6744

Children's Contact Service

Newcastle and Gosford

Ph: 02 4940 1500