



Relationships Australia Victoria (RAV) offers a wide range of services to support young people and their families. Our core expertise is in supporting individuals and families through difficult life events, such as separation and divorce, experiences of family violence, mental or emotional health difficulties or any relationship issue that is causing stress or concern.

We focus on a whole of family approach with expertise working across the life cycle. This means that we are able to offer support and counselling for individuals, couples and parents, and support relationships between parents and their children or teenagers at different stages of their lives.

Child and family services

Child and family counselling

There are times when relationships in families can get stuck at particular transitions in life. Some transitions can be very stressful for families, like having a baby, children going to kindergarten, primary or high school, or more significant adjustments and experiences, such as a separation or divorce, family violence, becoming a stepfamily, or a death of a family member. For all of these adjustments, our counsellors can help you and your family to assess needs, identify areas for change, and to use your strengths to restore or repair your relationships.

Family dispute resolution

Also known as mediation, family dispute resolution is a process that helps couples and families who are in conflict to communicate with each other and reach agreement about issues relating to their separation, such as child care, financial arrangements and child support.

Relationship education programs

We offer a variety of relationship education courses including primary prevention and early intervention programs. Our courses cover topics including family violence, children and parenting, and separation. For example, *My Parents 'n' Me* supports children after separation, and our *Repair-enting* group program for dads who have used

violence in their relationships.

I like, like you

I like, like you is RAV's healthy relationships program for schools. This preventative initiative promotes the connection between healthy intimate relationships and emotional health and wellbeing.

early matters

early matters promotes healthy family relationships and helps families to use their strengths to overcome challenges that arise. The program works with families at critical high-risk transition points: after the birth of a new baby, preparing school readiness for kindergarten children and parents and the transition into high school.

connectEDspace

www.connectEDspace.com.au is RAV's website giving young people access to the resources they need to deal with problems they face every day. It covers topics including bullying, relationships, stress and mental health, and conflict with parents.

i-Connect

Funded by the Australian Government Department of Social Services, *i-Connect* is a Family Mental Health Support Service for children and young people in East Gippsland.