

Counselling at the Melbourne Family Relationship Centre

Counselling involves talking in a safe and supportive space about any difficulties or challenges you are experiencing. It can help you find positive ways to manage your situation.

Counselling can be an effective way to improve overall wellbeing, by relieving distress and enhancing relationships.

Common issues that people seek counselling for include:

- relationship difficulties
- separation and divorce
- parenting through separation
- grief and loss
- managing stress
- life changes
- mental health issues
- adjusting to parenting
- managing emotions, such as anger
- family violence
- trauma and abuse
- work-related problems.

Whatever your concern, it's important to reach out for support.



Where

Melbourne Family Relationship
Centre
379 Collins Street, Melbourne

Get started

Call (03) 8625 3666 or email
enquiries@melbournefrc.org.au to
make an appointment or find out
more.



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