



Counselling services

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

Why attend counselling?

Counselling can help you clarify your situation, gain new perspectives and work towards change while focusing on what's most important to you.

The counselling process can support you to develop insights, generate solutions and consider choices.

What can counselling help with?

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
- grief and loss
- life changes
- mental health issues
- managing stress
- managing emotions, such as anger
- family violence
- trauma and abuse
- loneliness and isolation.

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



Interpreters are available on request.

www.rav.org.au/counselling
Counselling Services Flyer 21032

Who can attend counselling?

We work in a flexible and non-judgemental way with:

- couples, parents and families
- individuals, including children and young people.

We can adapt our services to meet the needs of a wide range of cultures and community groups.

How can I access counselling?

- Face-to-face at our centres
- Over the telephone
- Via video-conferencing (Zoom)

How long does counselling last?

Standard sessions last 50 minutes. While some concerns can be resolved in a few sessions, others take longer.

How much will it cost?

We are a not-for-profit community organisation and our counselling services are only partly government funded, so fees are normally charged. However, we do try to make our services as affordable as possible. Please contact your nearest centre for more information.

When are sessions available?

Centre opening hours vary, however most centres offer evening sessions as well as sessions during business hours. Please contact your nearest centre for more information.

Getting started

To organise an appointment or learn more, call your nearest centre or contact us online at www.rav.org.au/contact

Ballarat: (03) 5337 9222

Boronia: (03) 9725 9964

Cranbourne: (03) 5990 1900

Greensborough: (03) 9431 7777

Kew: (03) 9261 8700

Shepparton: (03) 5820 7444

Sunshine: (03) 8311 9222

Traralgon: (03) 5175 9500

About us

Relationships Australia Victoria has over 70 years' experience providing family and relationship support services across Melbourne and Victoria.

We are committed to providing safe, inclusive and accessible services for all people.



We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia and we support Aboriginal people's right to self-determination and culturally safe services.

We recognise the lifelong impacts of childhood trauma.

We recognise those who had children taken away from them.

Relationships Australia

VICTORIA