

Our skilled practitioners support clients to cope with challenges and adjustments after separation

Counselling After Separation

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Our Counselling After Separation Program is for people who have separated or are in the process of separating.

It provides a safe space for individuals to express their thoughts and feelings about their separation and put skills and strategies in place to manage during and after the separation.

Our skilled practitioners support clients to cope with challenges and adjustments after separation such as:

- Managing their relationship with their ex-partner
- Supporting children during and after separation
- Coping with feelings of loss and loneliness



Supporting families during and after separation.

Contact us

1300 364 277
tas.relationships.org.au

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**A safe space for individuals
to express their thoughts
and feelings**

Additional family separation support

Relationships Australia Tasmania can support families who are separating through a number of our programs, including:

- Supporting Children After Separation
- Family and Relationship Counselling
- Family Dispute Resolution
- Parenting Separately Program
- Family and Relationship Counselling
- Children's Contact Service

Referrals

We accept referrals into the Counselling After Separation Program from community organisations, GPs, lawyers, and self-referral from clients.

Fees

This is a fee-paying service, however clients may be eligible for concessions. Our staff can support clients to discuss payment options.



Make an appointment

To make an appointment, call
1300 364 277 or visit us online at
tas.relationships.org.au



*Relationships Australia Tasmania
acknowledges the Australian Aboriginal
and Torres Strait Islander peoples as
the first inhabitants of the nation and
the traditional custodians of the lands
where we live, learn and work.*