








What to expect when you make an appointment:

	Call 1300 364 277
	Basic information will be asked about you and your child/young person
	Individual intake session booked with parent/s to gather information
	Individual session with the child/young person, with or without a support person
	Ongoing sessions booked for child/young person
	Parent feedback provided via telephone with child's/young person's consent
	Interpreters available on request

For more information

Call 1300 364 277 or visit
tas.relationships.org.au



Supporting Children After Separation



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.

Relationships Australia
TASMANIA

'A personalised counselling program for children and young people whose parents are going through, or have gone through a separation'

About

We provide a safe space for children and young people aged 5-18 years old to express, explore, and understand their thoughts and feelings about their parents' separation.

The counselling sessions are individualised to the child/young person's needs and are offered face- to-face in our Hobart office.

Aim of the Program

- Provide children and young people with helpful strategies to manage emotions and stress
- Help children and young people to understand, adjust and cope with their parents' separation
- Manage problematic behaviour and help the child build general life and social skills
- Help children and young people build new routines

We can help your child in managing...

- Their feelings around parental separation
- Depression
- Anxiety
- Bullying
- Grief and Loss
- Relationships
- Behavioural Problems
- Self-esteem

Confidentiality

Information disclosed in counselling sessions is protected under the Family Law Act (1975). Your counsellor will clarify any questions you may have about this.

