

Women's Support Service is a peer group education and individual counselling service which provides a safe, respectful and empowering atmosphere.

This is a service where women can learn new skills and build safe and supportive peer relationships and community participation.

Our staff

Our counsellors and facilitators have professional qualifications in social work, psychology, and/or counselling, and are experienced in supporting and working with women.

How much does the Women's Support Service cost?

The Women's Support Service has been generously supported by the Department of Prime Minister and Cabinet's Office for Women. There are no fees to access this service.

How to contact us:

1300 364 277

womenssupport@relias.com.au

www.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.



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Women's Support Service - Support for women in Tasmania

At Relationships Australia Tasmania, our Women's Support Service provides counselling services and peer group education workshops in a safe and respectful environment.

This is a service where women can be supported towards employment and community engagement.

Group workshops and counselling can assist you with:

- communication and relationships,
- caring for yourself,
- employment processes, financial information, and employment pathways.

Making an appointment

You do not need a referral to use these services.

Call us on **1300 364 277**, or email womenssupport@reltas.com.au

to make an appointment or ask any questions.

Supporting women towards growth and participation

Individual Counselling

Counselling sessions will provide you with the support you need to navigate personal and employment barriers and develop skills and strategies to deal with them. Counselling may also help with increasing confidence, self-esteem and safety behaviours.

Peer Group Education Workshops

The workshops will help develop employment and life skills. It is a great opportunity to build a connection with other women, improve mental health, choose a direction, and reclaim power and control over your life.

