

## Our Values

Relationships Australia WA (RAWA) is a community-based, not-for-profit organisation with no religious affiliation.

Our services are for people from all walks of life, regardless of age, race, gender or sexual preference. It does not matter whether you are single, married, divorced, living together, in a same-sex or de-facto relationship, you can talk to us.

## Confidentiality and Privacy

RAWA offers you all the confidentiality that the law allows and requires under the Family Law Act. In addition, under the Privacy Act, you may request (a) access to your private information and (b) correction of any established inaccuracies.

## Counselling

Counselling provides the opportunity to discuss issues that are causing concern in a supportive, respectful and **confidential** environment. People can attend counselling as individuals, couples, or as a family. Matters discussed include couple issues, relationship breakdown, parenting, domestic violence, anxiety, depression, grief, sexual issues, childhood sexual abuse, stress, and conflict in various situations including work related conflicts.

In the sessions counsellors facilitate discussion of the situations that are causing concern, exploration of factors that might be influencing those situations and work towards dealing with or resolving the issues in a way that suits the clients.

We have an experienced team of counsellors with the appropriate tertiary qualifications and experience in Social Work, Psychology or Counselling, which meet the approval requirements of the Commonwealth Attorney General's Department. Professional supervision and on-going training are provided to all counsellors to ensure a high quality of service. Counsellors use a range of counselling approaches, based on what is appropriate for clients and their particular issues.

The fee for counselling per session is based on a sliding scale, according to the household income. No referral is required, simply telephone for an appointment. Day and evening appointments are available at all branches. Waiting times for an appointment vary according to demand and your availability.

## Relationship Education Programs

### One Night Seminars

One Night Seminars are held for one night over 2½ hours. They are fun, informative and offer helpful relationship tips on a wide range of relationship topics. Some courses are specifically designed just for men.

Topics include:

- Communication in Relationships
- Healthy Conflict in Relationships
- Express Yourself Assertively
- Positive Self-Esteem
- Understanding Angry Emotions
- Family of Origin – Understanding its Influence and Impact
- Successfully Single
- Grandparenting
- What is Love
- Fly in Fly Out
- Fathering After Separation
- Separated Parents
- Money: Mine Yours & Ours

### Longer courses offered are:

- Together Forever – pre marriage course
- Building Better Relationships for Couples
- Self Worth – Free to be Me
- Communicate Effectively
- Parent-Child Connection and Parent-Teen Connection
- Parent Course for Families
- Living in a Step-Family
- Rebuilding After Separation
- Anger Management for Men and Women
- Virtues Parenting Program
- Change and Loss

### Prepare/Enrich Questionnaire

This consists of 165 questions that focus on twelve aspects of the relationship. It is designed to help couples prepare for or enrich their relationship.

## Professional Development Training Programs

A wide range of professional development and training is offered and can be customised to suit your needs including:

- Group Facilitation Skills
- EQ Emotional Intelligence
- Mediation Training – Intro and Advanced
- Introductory Counselling Skills
- Couple Therapy Skills
- Communicate Effectively
- Training as a Virtues Facilitator
- Domestic Violence Training
- EQ – Emotional Intelligence
- Dealing with Difficult Clients
- Facilitation of Meetings and Activities
- Negotiation Skills

RAWA can customise training opportunities to suit your particular workplace needs in the following :

- Facilitation of Meetings and Activities
- Negotiation Skills
- Professional supervision for counsellors, mediators and educators
- Strategic Planning

## Domestic Violence Services (FAIR)

The Family Abuse integrated Response (FAIR) Service offers free group programs for men, women, young people and children who have used, experienced and/or witnessed abuse and violence in their families or in their relationships. The FAIR service is staffed by an experienced team of counsellors with professional qualifications in psychology, social work or counselling.

## Programs for Men

### Men & Family Relationships

This service aims to support and enable men to address relationship and family issues. The men may be single, partnered, separated or repartnered. A wide variety of courses are offered, all using a strength-based approach which acknowledges that men can bring different perspectives to relationship issues. RAWA provides programs in Perth and across most of the state, from the Great Southern to the Pilbara.

## Mediation

Mediation takes place in an environment of co-operation, providing people with solutions they have helped to create. Mediators will assist people to explore the issues in dispute, develop options and negotiate possible outcomes and find common ground.

We have an experienced team of mediators who are registered with the Attorney General's Department as accredited family dispute resolution practitioners, and accredited mediators under the Supreme Court Rules (WA) holding a range of qualifications including: law, counselling, psychology, social work, family therapy and management.

**FAMILY** – RAWA offers mediation for family law matters including developing parenting plans and parenting arrangements and/or financial property settlement. RAWA also offers mediation for relationship issues between family members and neighbourhood community disputes.

**WORKPLACE** – RA Mediation Services can help set new standards within the workplace and help people manage conflict more successfully. Issues that are dealt with include: workplace disputes between staff or between staff and employer; communication difficulties; team conflict and team building.



## Employee Assistance Program (EAP)

This service is available to employees of participating organisations (ask your employer if they are registered with us). EAP is designed to assist employees at all levels of an organisation to better deal with personal, family and work-related concerns. These concerns may include, but are not limited to: stress management, health, marital/workplace relationships, family, financial, substance abuse or emotional issues such as depression, anxiety and more.

The EAP counselling service is completely confidential – the client's name and anything that he/she discusses with their counsellor is strictly confidential. No personal information will be revealed to the employer or to any other person unless agreed prior to commencement of counselling.

EAP packages can also include:

- Needs-analysis service (to assess training, conflict management, counselling/coaching or other related staff and organizational needs)
- Staff training eg lunchtime seminars, half or full day workshops and customised training
- Workplace mediation
- Conflict Management System (CMS) design (a whole of organisation model)

## Children's Contact Service Centre

The Children's Contact Service in Mandurah and Fremantle provide conflict-free changeover of children between separated parents in addition to safe and supported supervised contact between children, their parents and extended families. This service will open in Armadale in July 2008.

## Specialised Pregnancy Counselling Service

Non-judgmental support is provided to those seeking counselling on a range of issues including unplanned pregnancy, abortion, carrying an unplanned pregnancy to term or post pregnancy issues.

118 Serpentine Road  
**Albany** WA 6330

20 Molloy Street  
**Bunbury** WA 6230

1 Ord Street  
**Fremantle** WA 6160

Lotteries House, 2232C Albany Highway  
**Gosnells** WA 6110

Lotteries House, Cnr Boas Ave/Davidson Terrace  
**Joondalup** WA 6027

50 Clive Street  
**Katanning** WA 6317

Lotteries House, 7 Anzac Place  
**Mandurah** WA 6210

26 Bates Street  
**Merredin** WA 6415

27 The Crescent  
**Midland** WA 6056

95 Wellington Street  
**Northam** WA 6401

Lotteries House, 6 Civic Boulevard  
**Rockingham** WA 6168

Lotteries House, 8/2 Leake Street  
**South Hedland** WA 6722

Cnr Garrity St & Tambellup West Road  
**Tambellup** WA 6320

15 Cambridge Street, cnr Southport Street  
**West Leederville** WA 6007

For further information please call  
Relationships Australia  
on 1300 364 277  
Visit our web site on:  
[www.relationships.com.au](http://www.relationships.com.au)

Who we are  
What we do

divorce  
domestic violence services  
education  
employee assistance  
communication  
counselling  
mediation  
self-worth  
men and family relations  
positive parenting  
self-esteem  
virtues  
step-families  
pre-marriage courses  
training  
men a  
pregnancy counselling  
children's contact service  
anger management  
domestic violence  
professional relationship services