

## What about client confidentiality?

Our Psychologists and Counsellors work within a professional code of ethics which obligates them to full confidentiality.

## Who can access this service?

Our counselling service is open to all, whether you are married, living together, in a same-sex relationship, separated, divorced or single. Our confidential service helps you with your difficulties. Referrals are not required.

## How do I access the counselling service?

To make an appointment to see a Counsellor, telephone RELATEWELL on (03) 9354 8854 to schedule an appointment.

## How much does the service cost?

RELATEWELL (Family Relationships Institute Inc.) does not receive government funding for its counselling service. Fees are set according to income.

## Appointment Hours

Counselling appointments are available Monday to Friday from 11.00 am to 8.00 pm.

## Office Location

21 Bell Street, Cnr Gladstone Street, Coburg  
(Melway Map 18 A12)



RELATEWELL is a not-for-profit, secular, non government organisation approved and part funded by the Commonwealth Department of Family, Community Services and Indigenous Affairs under the provisions of the Family Law Act 1975.

It specialises in relationships, marriage and family education and counselling.

Founded in 1978, RELATEWELL continues to “assist individuals, partners and families in all their diversity, to achieve and maintain quality and meaningful lives through quality and meaningful relationships”.

**RELATEWELL (Family Relationships Institute Inc.)**

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# RELATEWELL

## Counselling Services



**Professional counselling for people living together, married, single or separated.**

**Counselling takes place in a confidential, professional and non-threatening environment.**



*Counselling helps you take responsibility for your life as you develop the understanding and strength to make the best possible decision.*

*Counselling expands awareness.*

*It provides an opportunity for you to discover your own voice and find the courage to express it.*

## How will I/we benefit from counselling?

Counselling may be helpful for you if you are feeling anxious, unhappy, or unfulfilled. You may have tried to cope with your problems on your own but you find it difficult. Counselling can help you develop the skills and strategies needed to make your life and/or relationship work.

Counsellors do not make judgements about the rights or wrongs of a situation. They listen, encourage you to talk openly and honestly about your concerns, and help you reach your own decisions about the best way forward. Counsellors help uncover underlying issues and address them.

Counselling has one definite and clear purpose: to provide an opportunity for clients to work towards living in a way he or she experiences as more productive and satisfying.

## What will happen when I/we come for relationship counselling?

Your counsellor will help you identify what are the major strengths in your relationship. They will help you express what changes need to be made by both partners and how to make them.

Your counsellor will not tell you what to do, nor will they take sides or encourage you to stay in the relationship at all costs. Their objective is to give you the skills and insights to help you and your partner find your own way forward.

## My partner does not want to come to counselling. Can I come on my own?

Relationship counselling is more effective if both partners are involved. Yet many people do attend alone and still see positive benefits in their relationship. So if your relationship is experiencing difficulties but your partner does not want to attend counselling, or if you have been through a separation and are now adjusting to life on your own, counselling can help you.

## Will we be forced to try and patch things up?

No. Staying together is not always the best option. Sometimes relationships do come to an end and your counsellor may be able to help you keep the lines of communication open through your break up. There may be important issues to be decided if children are involved which are impossible to tackle constructively because of the level of pain, confusion or bitterness. Often one partner is further along in the process of separation. Counselling can offer private space to talk through some of the underlying issues and clear the way for better communication and better decisions. Counsellors help you design positive parenting strategies.

## How many counselling sessions do I/we need?

Counselling continues for as long as you feel it is needed - it may be for a few weeks or for months. It is important that you keep your regular appointment.

## What issues does your counselling service deal with?

Some of the range of issues dealt with include:

- People experiencing relationship, marriage and family difficulties
- People seeking to enrich their relationship and/or family life
- People considering separation or divorce
- People dealing with relationship/marriage breakdowns
- Partners from different cultural backgrounds with different expectations
- Differing family backgrounds
- Communication
- Couples dealing with infidelity
- Parenting difficulties
- Sexual problems
- People in relationships where there is violence
- Depression
- Stress management
- Couples facing changing roles - balancing work and family
- Couples in second marriages - step family difficulties
- People seeking personal growth and development
- Separated parents concerned about the needs of their children
- People lacking confidence and low self esteem
- Eating disorders

## Are your Counsellors qualified? Who are your Counsellors?

RELATEWELL Counsellors are either registered Psychologists or experienced Counsellors who are Psychology Graduates.