

Family Relationship Education and Skills Training

How can I contact these services?

These services are located in every state and territory in a range of rural, regional and metropolitan locations.

To find a *Family Relationship Education and Skills Training* provider in your local area, call the Family Relationship Advice Line on 1800 050 321* or visit Family Relationships Online at www.familyrelationships.gov.au

*Available 8.00 am – 8.00 pm Monday to Friday and 10.00 am – 4.00 pm Saturdays (except national public holidays).

Brochure orders

To order additional brochures contact 1800 050 009 between 8.30 am to 5.30 pm Monday to Friday (except national public holidays).



Where couples and families are building stronger and happier relationships right from the start, the Australian Government is funding community-based organisations to provide support through relationship education and skills training.



Australian Government

What services are available to me?

Couples and families can access *Family Relationship Education and Skills Training Services*, which aim to help you build strong and happy relationships.

The services promote the principles of healthy relationships. The program activities will give you the skills to develop positive and stable relationships. They will help you enhance your problem solving, communication, and living skills. Together these skills can help you to better manage changing life stages, such as at the beginning of a new relationship, marriage and having a family.

Who can use these services?

The services are available to all couples and families, including those with children or young people.

Service providers may run groups or courses for a broad audience or tailor programs for certain individuals, such as retirees or stepfamilies.

How can I benefit from these services?

Family Relationship Education and Skills Training Services help you to give your relationships the best possible chance of success. The courses can provide you with information and skills necessary to assist you in setting relationship expectations and working cooperatively as a family.

The services are predominantly delivered face-to-face, in small or medium sized groups and can be inclusive of children, young people and grandparents. Courses may be interactive, providing an opportunity to participate in activities with your partner or family where you will learn new skills and gain information about community-based resources.

Putting the skills you acquire into action in your relationship can result in significant benefits for you and your family. Research shows that stable relationships contribute to improved psychological health, longevity and material wealth for men and women, as well as improved outcomes for your children's wellbeing.¹

When can I access these services?

Family Relationship Education and Skills Training is most beneficial to couples and families entering a new life stage or for those who would like to improve their relationship in regard to specific issues such as parenting or communication. However, services are available at any time.

Is it confidential?

Family Relationship Education and Skills Training Services are confidential except in certain circumstances.

By law, service providers are required to report some things. If staff reasonably suspect that there is a current threat of serious harm to someone or that a person has actually been harmed and/or a child is at risk of abuse or neglect, then they must report that suspicion to the appropriate authorities.

What will it cost to use these services?

Family Relationship Education and Skills Training Services charge fees based on your income and capacity to pay. If you are a low income earner or are experiencing financial difficulties, you can discuss this with your service provider so that this can be taken into consideration.

¹ Wolcott, Ilene, 1999. *Strong Families and Satisfying Marriages*. Family Matters Journal, Winter 1999, No. 53.