

Relationships Australia®

VICTORIA

Who we are and how we can support you



Our vision is for positive, respectful, safe and fulfilling relationships for all Australians.

rav.org.au | Since 1948

Who we are

Relationships Australia Victoria (RAV) is a community-based, not-for-profit organisation with no religious affiliations. We have been providing family and relationship support services since 1948.

What we can help with

We can provide services to support you and your family with a wide range of issues, such as:

- relationships with your partner, family or friends
- separation / divorce
- parenting
- mental health
- family violence
- grief and loss
- managing change
- stress
- ageing and retirement
- loneliness and isolation
- other issues that are affecting your relationships, or causing concern.

Who we support

Our services are for all members of the community, regardless of their religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

We can support individuals, couples, families, parents/carers, children and young people, and older Australians.

Talk to us today



Phone 1300 364 277 (local call cost)



Email enquiries@rav.org.au



Visit rav.org.au

Where we are

We provide services:

- in-person (where COVIDSafe) from 18 locations across metropolitan Melbourne and regional Victoria and through additional outreach locations and community engagement initiatives
- online
- over the telephone.

RAV centres

Ballarat: 1025 Sturt Street
(03) 5337 9222 | ballarat@rav.org.au

Boronia: 83 Boronia Road
(03) 9725 9964 | boronia@rav.org.au

Cranbourne: 2/199 South Gippsland Highway
(corner of William Street)
(03) 5990 1900 | cranbourne@rav.org.au

Cranbourne North: 405 Narre Warren Road
(03) 5911 5400 | cranbournenorth@rav.org.au

Greensborough: Banyule Community Health,
3/25-33 Grimshaw Street
(03) 9431 7777 | greensborough@rav.org.au

Kew: 46 Princess Street
(03) 9261 8700 | kew@rav.org.au

Shepparton: 634 Wyndham Street
(03) 5820 7444 | shepparton@rav.org.au

Sunshine: 1st Floor, Harvester Centre,
4 Devonshire Road
(03) 8311 9222 | sunshine@rav.org.au

Traralgon: 59 Breed Street
(03) 5175 9500 | traralgon@rav.org.au

Central Office (Camberwell): 1183 Toorak Road
Training and administration services only
(03) 8573 2222 | enquiries@rav.org.au

Family Relationship Centres (FRCs)

Our 4 Victorian FRCs provide information, referral and family dispute resolution for parenting and/or property and financial matters, to support couples and families experiencing relationship difficulties, including separation.

Berwick: 38 Clyde Road
(03) 8768 4111 | enquiries@berwickfrc.org.au

Greensborough: 79 Grimshaw Street
(03) 9404 7800 | enquiries@greensboroughfrc.org.au

Melbourne: 379 Collins Street (enter via Queen Street)
(03) 8625 3666 | enquiries@melbournefrc.org.au

Sunshine: 1 Clarke Street
(03) 9313 0444 | enquiries@sunshinefrc.org.au

headspace

headspace is the National Youth Mental Health Foundation, providing early intervention mental health services to young people aged 12 to 25. RAV is the lead agency delivering headspace services in Bairnsdale, Sale and Wonthaggi.

headspace Bairnsdale: 171 Main Street
(03) 5141 6200 | info@headspacebairnsdale.org.au

headspace Sale: 453 Raymond Street
(03) 5184 5000 | info@headspacesale.org.au

headspace Wonthaggi: 5b Murray Street
(03) 5671 5900 | info@headspacewonthaggi.org.au
The centre also provides services from 5 outreach locations across Bass Coast and South Gippsland.

Open Place

Free, specialist support for people who grew up in institutional care in Victoria prior to 1990, known as Forgotten Australians / Pre-1990 Care Leavers.

1/8 Bromham Place, Richmond
1800 779 379 | info@openplace.org.au

Our services and programs

Our whole-of-family approach means that the needs and goals of all family members are considered.

Aboriginal and Torres Strait Islander Community Engagement

We partner with Aboriginal Community Controlled services and programs to support the needs of Aboriginal and Torres Strait Islander peoples.

Counselling

A service that gives you the opportunity to talk about any difficulties or challenges you are experiencing, in a safe and supportive environment. It can help you to find positive ways to manage your situation.

Disability Counselling and Support

Free, confidential counselling and emotional and practical support for people who have had violence, abuse, neglect and/or exploitation perpetrated against them, and those impacted by the Disability Royal Commission.

early matters

A free program in Ballarat (Wendouree, Miners Rest and Ballarat South) and Sunshine (Delahey and Kings Park) to promote and strengthen healthy family relationships.

Family dispute resolution (family mediation)

A service to help couples who are separating to resolve their family law disputes. These include conflicts about parenting and the care of children, child support, financial arrangements, and property matters and settlements.

Family violence services

We are funded to provide:

- men's behaviour change programs (MBCPs)
- free case management support for men who use violence and whose circumstances (housing, mental health, drug and alcohol issues) are barriers to their behaviour change
- post-MBCP groups, parenting programs and individual sessions to help sustain change
- free specialist counselling and support groups for women impacted by violence.

A key component of these and other programs is our Family Safety Model, which uses a holistic approach to family safety by providing safety planning, risk assessments and support to the current/former partners and children of men in these programs.

Forced Adoption Support Service

Free, confidential counselling, emotional and practical support and information for people affected by past forced adoption policies and practices.

Frontline bushfire counselling program

Free counselling and support, group programs and children's play therapy, for those impacted by the 2019/20 bushfires in East Gippsland.

i-Connect

A Family Mental Health Support Service in East Gippsland, providing free early intervention support for young people aged 0-18.

Intercountry Adoptee and Family Support Service

Free and confidential support for intercountry adoptees and their families, including young adoptees, adult adoptees and adoptive parents.

I like, *like* you

A healthy relationships, emotional wellbeing and family violence prevention program for primary and secondary schools.

Redress Support Services

Free, confidential emotional and practical support for anyone making, or considering making, an application through the National Redress Scheme.

Relationship education programs

We offer courses and groups to help you connect with others and learn new skills, including Parenting After Separation Seminar programs, Tuning in to Kids/Teens™, Men Being Well, trauma recovery groups, and PREPARE/ENRICH programs for couples who are planning to marry or commit.

Professional training

We provide research and evidence-led training in areas related to families and relationships, including:

- professional development workshops
- on-demand webinars and short courses
- customised training packages
- clinical supervision and leadership coaching.

Through our Registered Training Organisation (RTO 21977), we provide the following accredited courses:

- CHC81015 Graduate Diploma of Relationship Counselling (Responding to Family Violence)
- CHC81115 Graduate Diploma of Family Dispute Resolution
- CHCSS00110 Mediation Skill Set.



We also offer a Mediation Training Course and Specialist Course in Integrative Couple Therapy.

We deliver specialised funded programs including Support for Fathers and the following correctional cohort programs: ATLAS, LINCS, LINCS in Families.

Our commitment to you

The safety of our clients, staff members and the community is our priority.

We are committed to providing safe, inclusive and accessible services for all people.

We welcome Aboriginal and Torres Strait Islander, LGBTIQ+, and culturally and linguistically diverse community members as well as people with disability and people experiencing vulnerability and disadvantage.

Interpreters can be organised on request.

We also welcome calls through the National Relay Service.



RAV acknowledges the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia. We support Aboriginal people's right to self-determination and culturally safe services.

We recognise the lifelong impacts of childhood trauma.

We recognise those who had children taken away from them.

Funded by the Australian and Victorian Governments.



Accredited by HDAA. Achievement of Accreditation to ISO 9001:2015 provides service users with confidence that Relationships Australia Victoria has effective management systems in place that are regularly reviewed.