

Program details

There is no charge for participating in the **Breakthrough** program.

It is conducted by Relationships Australia (Vic) Sunshine (Ph: 8311 9222) and Community West Deer Park (Ph: 9363 1811) at:

Relationships Australia (Vic)
1st Floor, Harvester Centre
4 Devonshire Road, Sunshine 3020

The program will aim to be flexible in regards to your availability, and we will try to offer both day and evening times.

Your privacy is important and will be respected.



Children's Contact Service
822 Ballarat Road
Deer Park 3023

Ph: 9363 1811 **Fax:** 9360 4851
www.communitywest.org.au

Relationships Australia

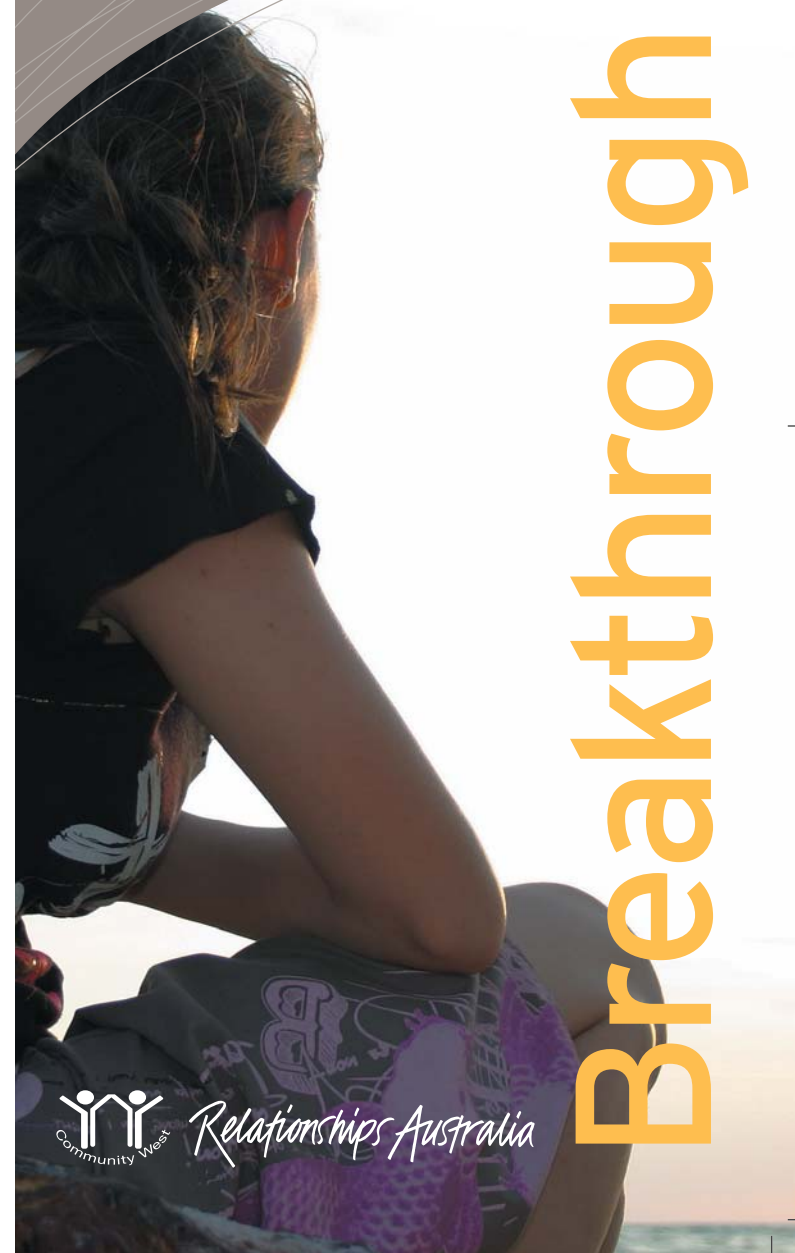
Relationships Australia (Vic)
1st Floor, Harvester Centre
4 Devonshire Road
Sunshine 3020

Ph: 8311 9222 **Fax:** 9364 9902

- Relationship counselling • Family dispute resolution
 - Family violence prevention programs
- www.relationships.com.au

Breakthrough is funded by the Australian Government Department of Families, Community Services and Indigenous Affairs under the Family Relationship Services Program.

A program that's helping separated parents to resolve conflict



Relationships Australia

About Breakthrough

When a couple is in conflict, every member of the family is affected, including children and grandparents.

Breakthrough is a program designed specifically for separating or separated couples that have experienced circumstances of ongoing unresolved conflict or family violence.

Where appropriate, separated or separating couples may attend the same group or attend different groups.

The program can assist you to...

- **Minimise** the harmful effects of conflict or family violence on all members of the family
- **Face** parental difference and conflict more confidently and constructively
- **Get on** with parenting separately
- **Learn** practical ways to approach difficult interactions
- **Gain** greater skills to help yourself and your children
- **Understand** what your children might be feeling, and their needs in relation to the impact of separation, conflict or family violence
- **Be confident** in meeting the needs of your children.

How we can help

Relationships Australia (Vic) and Community West have a long history of working with families.

We aim to help families move forward by providing an environment that is safe, supportive, educative and non-judgemental.

Our most important objective is to help parents find workable solutions that particularly benefit children.

Delivered by highly skilled, trained and experienced staff, the **Breakthrough** program begins with a private, one-hour interview to gain an understanding of your situation, and determine your specific needs.

The program continues with 2 or 3 group sessions, in which you will have the opportunity to share your thoughts and feelings in a supportive and facilitated group environment, with three or four other parents.

A follow-up session will be held some weeks later, to see how you are managing and to provide further help if required.

Individual support and counselling are available beyond the **Breakthrough** program.

Breakthrough offers you...

- **Support and active participation**
- **Education** about your children's needs and their experiences in relation to separation, conflict or family violence
- **Solution-focussed** approaches to conflict
- **Practical strategies and skills** for managing conflict
- **Personalised action plans**
- **Useful information and resources**
- **Practical co-parenting strategies**
- **Confidential support.**

