

# Program details

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

Referrals to the program will be made directly from community organisations.

The program will be conducted by Relationships Australia (Vic) Family Dispute Resolution Practitioners at:

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

The program runs regularly at various times.

Your privacy is important and will be respected.

*Relationships Australia*

**Relationships Australia (Vic)**

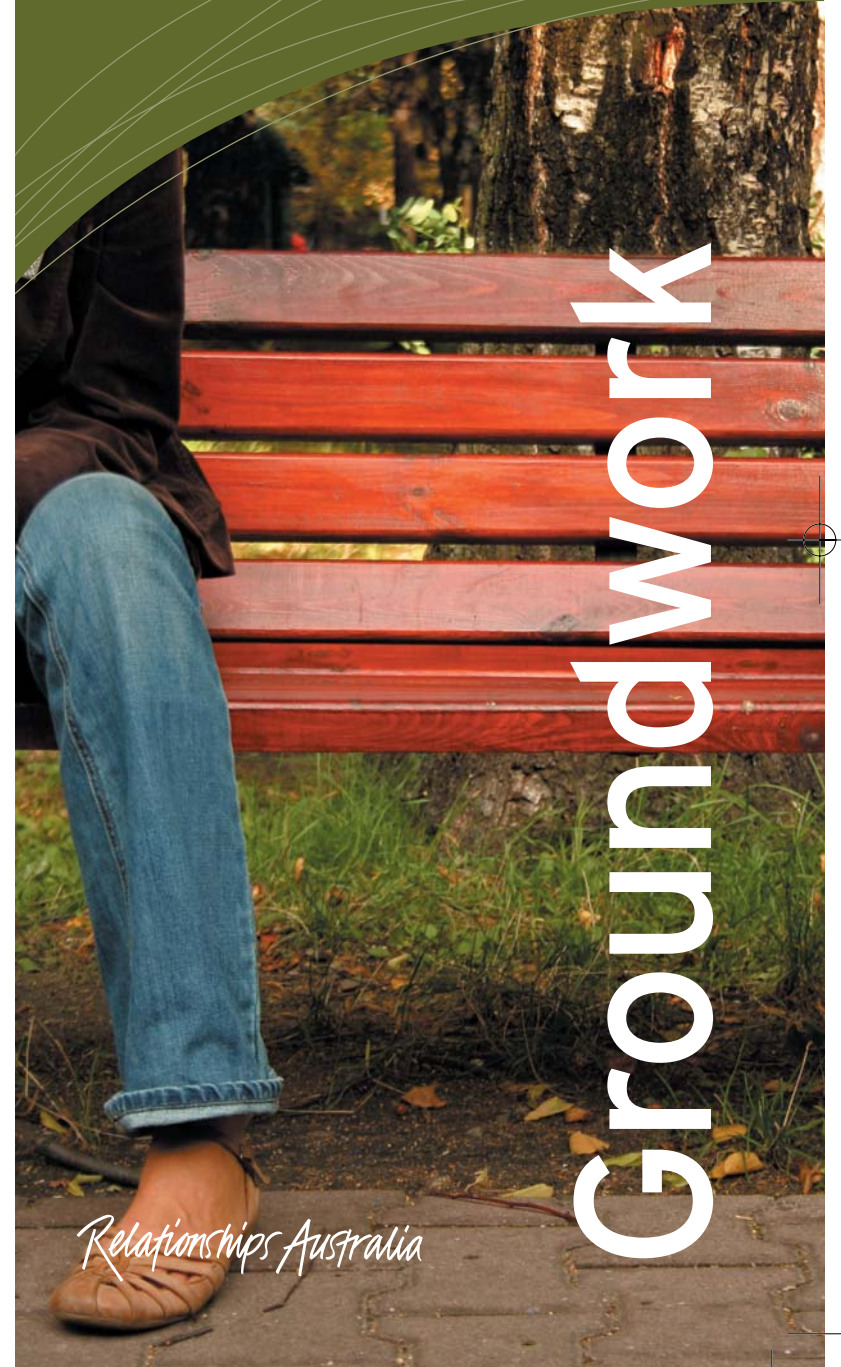
1st Floor, Harvester Centre  
4 Devonshire Road  
Sunshine 3020

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

- Relationship counselling • Family dispute resolution
  - Family violence prevention programs
- [www.relationships.com.au](http://www.relationships.com.au)

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

A program to help people  
who are separating to prepare for  
Family Dispute Resolution



# Groundwork

*Relationships Australia*

## About Groundwork

Separation, conflict or family violence affect everyone in a family, resulting in a range of concerns and emotional states that can prevent successful dispute resolution outcomes.

**Groundwork** is a program specifically designed for people whose circumstances are inhibiting the joint family dispute resolution process. Groundwork may be offered to both you and your ex-partner. However, you will not participate in the same group together and you can attend even if your ex-partner doesn't.

The program can assist you to...

- **Gain** the readiness to engage in the family dispute resolution process
- **Develop** the skills to help you manage the family dispute resolution process
- **Make** better decisions regarding what is best for you and your family
- **Understand** what your children might be feeling, and their needs
- **Determine** the services that you require for your particular situation.

## How we can help

Relationships Australia (Vic) Sunshine has a long history of working with families that are experiencing circumstances of separation, conflict or family violence.

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 **Groundwork** program consists of three sessions of one-hour duration. You may choose either individual sessions or a supportive and facilitated group environment, with three or four other parents.

## Groundwork offers you...

- **Skills** to equip you to participate in the family dispute resolution process more successfully
- **Help** to move forward in your efforts to solve problems
- **Education** about your children's needs and their experiences in relation to separation, conflict or family violence
- **Understanding** more about your own circumstances
- **An opportunity** to establish your goals for the family dispute resolution process
- **Self-management strategies** – to keep you and your family safe
- **Personalised action plans**
- **Confidential support.**

