

How to contact RAV

To find out more, please call 1300 364 277 for the cost of a local call, or get in touch with your nearest centre to have a yarn about your situation.

Centres

Ballarat	(03) 5337 9222
Berwick Family Relationship Centre	(03) 8768 4111
Boronia	(03) 9725 9964
Cranbourne	(03) 5990 1900
Cranbourne North	(03) 5911 5400
Greensborough	(03) 9431 7777
Greensborough Family Relationship Centre	(03) 9404 7800
Kew	(03) 9261 8700
Melbourne Family Relationship Centre	(03) 8625 3666
Shepparton	(03) 5820 7444
Sunshine	(03) 8311 9222
Sunshine Family Relationship Centre	(03) 9313 0444
Traralgon	(03) 5175 9500



*Talking to someone
can help*

Relationship support for
Aboriginal and Torres Strait
Islander individuals and families



Visit our website www.deadlyRAV.com.au

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Call us on 1300 364 277
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Our services

Relationships Australia Victoria (RAV) provides support to Aboriginal and Torres Strait Islander families and individuals to help strengthen family relationships. We provide:

- relationship support for families and couples
- parenting programs
- family mediation
- support for grief and loss
- support for dealing with family violence
- support groups for men and women.

What is counselling?

Counselling gives you the opportunity to talk with a professionally trained person to discuss issues that are concerning you or causing you to worry, including:

- couple issues
- conflict with friends
- relationship breakdown
- parenting issues
- family violence
- stress and anxiety
- depression
- grief and trauma
- sexual problems
- childhood sexual abuse
- work-related tensions and disputes.

Counselling can help you to create your own solutions, to strengthen and repair relationships.

Who is counselling offered to?

You can attend counselling as an individual, couple, or as a family. Counselling for children is also available. All sessions are confidential.

We also provide mental health services for young people aged 12-25 and their families in Gippsland.

What are Family Relationship Centres?

Family Relationship Centres provide support to families who are dealing with separation. Centres work with parents to help them reach agreements that are in the best interests of their children.

Centres provide family mediation through individual or joint sessions. Both parents have the chance to tell their story and achieve a positive outcome.

What will it cost?

Many services are provided free or at a modest charge. Any fees charged are based on your ability to pay.

What do I do next?

You don't need a referral to use our services - simply call us for an appointment. Day and evening appointments are available at all centres.

