



Counselling and Separation Services

Supporting Healthier Family Relationships

Counselling Separation Services understands that navigating the complexities of relationship challenges, separation, and divorce can be difficult. We offer a range of support services designed to support individuals, couples and families through the many stages of change.

The program:

- ✓ Provides therapeutic support, information and referrals for individuals and families experiencing conflict or complex issues
- ✓ Provides strategies to improve communication and conflict resolution
- ✓ Supports parents to assist children through family changes
- ✓ Enhances interactions among family members
- ✓ Supports parents before, during and after Family Dispute Resolution and Family Law processes
- ✓ Understands each family's unique needs and provide culturally effective support
- ✓ Helps families to understand grief and loss after separation

Relationship Counselling

Couples Counselling involves the exploration of any conflicts between the partners, and seeks to improve communication and interactions, and strengthen their relationship.

Couples Counselling offers a comprehensive approach to addressing various issues within intimate partnerships. Whether it's navigating specific challenges or coping with individual problems that have a broader impact on the relationship, our counselling services are tailored to provide support.

Family Counselling

Family Counselling is a supportive process that brings families together to navigate challenges, build understanding, and strengthen connections. Our experienced counsellors provide a safe and confidential space for families to explore and address issues such as communication breakdowns, conflicts, and transitions.

Family Law Counselling

A family law counsellor helps those who are, or are likely to be, affected by separation or divorce to deal with concerns relating to the care of children or other close relationships. Family law counselling seeks to improve the interactions in relationships to enhance functioning as a family unit and as individuals.

Post Separation Case Management

Post Separation Case Management provides one-on-one support to help make sense of emotional responses to separation and re-centre the focus on children and their needs throughout the mediation process.

Section 44 Certificate

Section 44 Certificates are for spouses who have been married less than two years and want to apply for divorce. This is a requirement under the Family Law Act 1975.

Keeping Kids in Mind

Keeping Kids in Mind is a five-week course for separated parents who are experiencing ongoing conflict. It is designed to help parents understand the effects of their conflict on their children, increase their knowledge of how to co-parent, and encourage parents to develop positive forms of communication and problem-solving with the other parent.

Children's Services

For children, our specialised services include individual counselling and Owl Kids (a group program supporting children who have been or are experiencing parental separation), providing a nurturing environment where they can express themselves, understand their feelings, and develop coping strategies tailored to their unique needs.

Where are we?

We provide counselling in-person or via telecare by phone or video call to suit your individual needs. In-person appointments are available at our Bankstown, Lewisham, Liverpool or Sydney CBD offices.

Fees

Whilst CatholicCare Sydney's Counselling and Separation Services is funded by the Australian Government, we are required to charge fees based on income to enable affordable access to counselling.

Contact our team on **13 18 19** to book an appointment.