

Supporting Gippsland Communities

We support individuals, couples, families and communities through our counselling, family dispute resolution and group programs.

Counselling

Counselling involves talking in a safe and supportive space about any difficulties or challenges you are experiencing. It can help you find positive ways to manage your situation.

It provides a supportive and collaborative environment where you can discuss your problems and concerns, working on what you identify as most important. Participating in counselling can help you clarify your situation, gain new perspectives and work towards change. It can support you to develop insights, generate solutions and consider choices.

What can counselling help with?

Counselling can be an effective way to improve your overall wellbeing, as it can help to relieve distress and enhance relationships.

People seek counselling for support with a wide range of concerns and issues.

Common issues include:

- relationship difficulties
- separation and divorce
- parenting through separation
- grief and loss
- managing stress
- life changes
- mental health issues
- adjusting to parenting
- managing emotions, such as anger
- family violence
- trauma and abuse
- work-related problems.

Whatever your concern, it's important to reach out for support.

Family dispute resolution

Family dispute resolution (FDR) is a type of mediation that helps separating families to resolve their family law disputes, including conflicts over parenting and/or financial and property matters.

With the assistance of an accredited, independent and impartial third party, called an FDR practitioner (also known as a mediator) the people involved:

- identify the issues that need to be resolved
- are supported to communicate with each other clearly and respectfully
- explore and discuss different ideas and options
- negotiate about these options
- try and make agreements about some or all of these issues
- where a child is involved, focus on the child's best interests.

Relationship education courses and groups

Our courses and groups help you to share experiences, connect with others and learn new skills to improve your situation. Programs are provided for children, young people, parents, couples, people who have separated and those who are impacted by family violence.

i-Connect

Through i-Connect, our Family Mental Health Support Service, we deliver support to children and young people at risk of or affected by mental illness in East Gippsland. This service is funded by the Australian Government Department of Social Services.

How much do services cost?

While fees are charged for some of our services, we work to ensure that our services are affordable for our clients. We will talk to you about any fees that are applicable when you call us.

Who can use our services?

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

We welcome and respect diversity and can adapt our service to meet the needs of people from different backgrounds, including people who are lesbian, gay, bisexual, transgender, intersex and/or queer (LGBTIQ+), Aboriginal and Torres Strait Islander people and people from culturally and linguistically diverse backgrounds.

Where are services offered?

Services are provided from our Traralgon Centre and via telephone and video conference facilities for some services.

We also offer counselling at Quantum Support Services in Bairnsdale.

Contact us

Contact our Traralgon Centre, located at 59 Breed Street, to find out more or make an appointment.

Phone: (03) 5175 9500

Local call cost: 1300 369 630

Email: traralgon@rav.org.au

We're open Monday to Friday with extended hours some evenings.