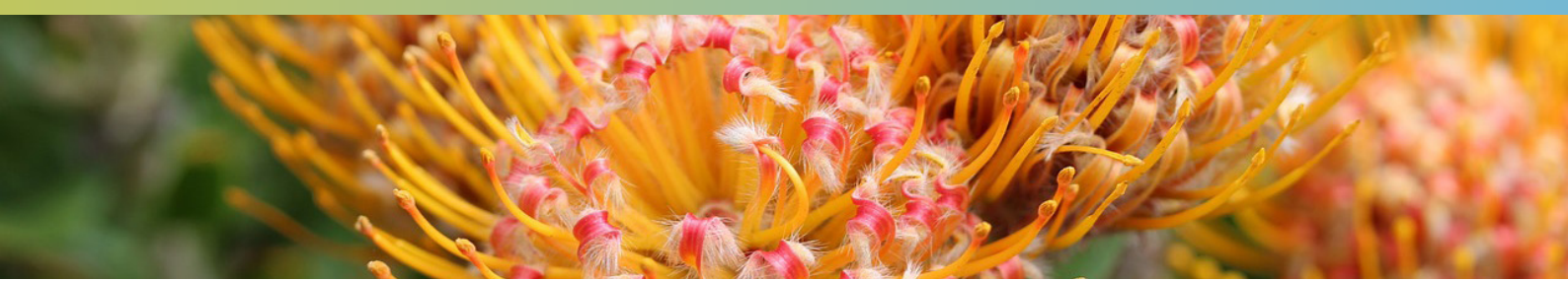


bRAVe steps

A free therapeutic service for children and young people aged 0-18 impacted by family violence.

Relationships Australia[®]
VICTORIA



Are your children:

- struggling with anxiety, stress, anger, sadness or other big feelings?
- having sleep troubles or nightmares?
- arguing or losing patience more than normal?
- experiencing issues with friends or peers?
- feeling aches and pains, even when not sick?
- struggling to adjust to family changes?
- having issues at school, childcare, or home?

Our practitioners can work with your children to manage these and other challenges.

What support is available?

We can provide up to **8 free therapeutic sessions** for children and young people where there has been family violence in the home. We also provide support for parents.

Where are sessions held?

In person in Cranbourne.

How can therapeutic services help?

Family violence affects children and young people, even if it's not directed at them.

For example, they can be impacted if they hear, see, or are exposed to the behaviour or its effects, such as seeing a distressed adult or damaged property.

Therapeutic services support children to:

- develop techniques to understand and manage their feelings
- build a positive mindset and increase self-esteem and confidence
- re-focus on what's important to them
- achieve their personal goals
- improve their relationships.

What happens in sessions?

Our experienced practitioners work with children and young people through:

- **Professional guidance** involving therapeutic conversation and interactive activities.
- **Creative expression** like therapeutic drawing, painting, and crafting as a way to share feelings.
- **Play therapy** using specialised games and toys to explore and express emotions.
- **Resilience-building** by supporting children to identify and harness their own strengths to manage challenging times.
- **Individualised support** with tailored strategies to help children cope with challenging times.

Relationships Australia Victoria (RAV) prioritises the safety and wellbeing of children and young people.

bRAVe steps offers a supportive, age-appropriate space where children and young people can feel safe, understood and free to be themselves.

Contact us to get started

Please contact our Cranbourne Centre to find out how we can support you and your family. You can:

- send us an online enquiry:
rav.org.au/affected-family-violence/brave-steps
- email enquiriesfvcounselling@rav.org.au
- call (03) 5990 1900.

Relationships Australia Victoria acknowledges the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia and support Aboriginal people's right to self-determination and culturally safe services.

