

## Group Programs

We offer group programs that aim to help women who have or are experiencing violence and / or abuse in their relationships.

Groups are generally made up of weekly sessions, usually lasting about two hours, and are held throughout the year. Groups include women of various ages and backgrounds, who have found it useful to seek out support from others in a safe and friendly environment.

Many women have said they find it helpful to meet and talk with others who are also working towards achieving similar goals.

## Counselling

We offer individual counselling for women.  
(After hours appointments are also available.)

We also offer counselling for women in same-sex relationships who have concerns about their experience and effects of violence and abuse in their relationships.

## Making an Appointment

For information and appointments please contact us by phone, fax or email

### SERVICE DETAILS

Monday – Friday 9.00am to 5.00pm

Family Relationship Centre

Shop 52A Elizabeth Shopping Centre

50 Elizabeth Way, Elizabeth

(enter mall next to Commonwealth Bank/Harris Scarfe)

and Shop 8, Salisbury Cinema Complex

Cnr Gawler and James Street, Salisbury

Ph: (08) 8255 3323

Fax: (08) 8255 7753

[www.ucwesleyadelaide.org.au](http://www.ucwesleyadelaide.org.au)

Email: [sfvs@unitingcarewesleyadelaide.org.au](mailto:sfvs@unitingcarewesleyadelaide.org.au)

Thursday evening appointments may be available.

This program is funded by  
Commonwealth Department of Family and Community Services and  
Indigenous Affairs and is operated by



*Are you or have you been in a relationship that is hurting you (physically, emotionally, verbally, financially or sexually)?*

*Have you been or are you concerned about the effects of violence and abuse on your children?*

*Do you feel like you are walking on eggshells?*

*Do you have limited freedom or control in your life?*

*Are you concerned that you are feeling depressed, angry, responsible, unsafe as a result of the abuse you have experienced?*

## **Getting Help**

Women are often made to feel that they are responsible for their partners violence and abuse. It is important to remember that you are not responsible and deserve help for what is happening to you.

We believe that it's important that there are options available to help women to find safe, supportive and non-judgemental environments.

We provide both individual counselling and group programs that are respectful supportive and non-judgemental.

## **What can I expect from the Counsellor?**

- That he/she will provide you with a quality, confidential and respectful service.
- That he/she will work with you to make decisions that are best for you, your family, children and loved ones.
- That he/she will thoroughly explain the counselling process.

You can expect that your counsellor will discuss confidentiality and privacy guidelines, your rights and responsibilities in counselling, the types and purpose of data collected and our feedback and complaints procedures.

## **Who are our Counsellors?**

All staff are professionals with a range of qualifications including Psychology, Social Work, Occupational Therapy and Social Science. All Family Services Counsellors are provided with ongoing professional supervision, support and training that updates them on all current therapeutic developments.

## **How much will it cost?**

Our service charges on a sliding scale, which is based on your gross yearly income. A copy of our fees schedule is available from reception.

## **Confidentiality and The Family Law Act**

All Counsellors in the Family Relationships Counselling Team are required to respect confidentiality in accordance with the Family Law Act. Given our statutory obligation of confidentiality under the Family Law Act, we will take any necessary steps to ensure that confidentiality is maintained.

You can expect that your counsellor will discuss confidentiality and privacy guidelines, your rights and responsibilities in counselling, the types and purpose of data collected and our feedback and complaints procedures.