



Mission Statement

*'To assist individuals, partners and families,
in all their diversity, to achieve and maintain,
quality and meaningful lives through
quality and meaningful relationships'.*

About US 3

Board of Management Charter 3

Message from the Executive Director 4

Our Services 6

Service Charter 7

Relationship and Marriage Education Stream 8-9

Parenting Education Stream 10

Cross-Cultural Initiative Strategic Directions 2016/2017..... 11-15

Individual, Couple and Family Counselling16

Our Locations 16

Client Milestones 17

Board of Management 18

Financial Report 19

RelateWell (Family Relationships Institute Inc.) was founded in 1978. It is a not-for-profit community educational organisation providing a range of family and relationship support services at significant life stages including relationship education and couple enrichment courses; and individual, couple and family counselling.

RelateWell is a leader in preventative and early intervention programs and services at the significant transition points of relationship formation, extension and separation.

Our programs are funded by the Australian Government Department of Social Services (DSS). The organisation has no religious and political affiliations and is governed by a Board of Management.

Our History

The story of the Family Relationships Institute Inc. started in 1978 when the organisation was founded by Don Burnard, a Senior Psychologist who specialised in Relationship Development Courses; and Dr Ron Fitzgerald who was a Commissioner for the Education Section of the Henderson Poverty Report. There existed a need in service delivery to deliver Marriage and Relationship Education Training to couples at the prevention and early intervention end of the lifecycle rather than at the tertiary end.

Since 1978, the organisation has worked collaboratively with Government at all levels, key stakeholders and family services providers throughout metropolitan Melbourne to deliver the best outcomes for individuals, couples, families and children accessing our services and programs.

Our key objectives are in building stronger and respectful relationships, strengthening families and improving children's well-being so to reduce the socioeconomic costs associated with relationship and family breakdown.

Our relationship education and couple enrichment courses and counselling services target the significant family transition points of relationship formation, living together, getting married, becoming parents, maturing in the couple relationship and separation.

Essentially, our services prepare people with the skills to deal with life challenges and changes before they become big problems and issues.

RelateWell aims to provide family and relationship courses and counselling services at a price which keeps them within financial reach of the majority of people in the community. Strengthening access and services to vulnerable and disadvantaged families is a strategic key in service delivery.

The Institute is incorporated under the Associations Incorporation Act.



The role of the Board of Management is to provide leadership for and supervision over the Family Relationships Institute Inc. (RelateWell) affairs.

Responsibility of the Board

The Board is collectively responsible for promoting the success of the FRI by:

- Developing and approving the vision, purpose and values of the FRI.
- Monitoring management's performance and providing feedback and assistance in the implementation of strategy; and ensuring appropriate resources are available.
- Approving key organisational policies.
- Approving and monitoring the progress of major capital expenditure, capital management and acquisitions.
- Reviewing and ratifying systems of risk management and internal compliance and control, codes of conduct and legal compliance.
- Approval of annual budget.
- Monitoring the financial performance of the FRI and ensuring there are adequate funds and resources for the organisation.
- Overall organisational governance of the FRI, including conducting regular reviews of the balance of responsibilities within the organisation to ensure division of functions remains appropriate to the needs of the Institute.
- Liaising with the FRI's external auditors.
- Ensuring that any and all votes cast by members of the Board as a nominated proxy are cast in accordance with the instructions given on the proxy form.
- Ensuring the Board is functioning well, reviewing the work of the Board, and planning for the succession and orientation of Board members.
- The Board should seek advance commitment from perspective Board members to any particular policies concerning the expectations of the Board regarding matters such as investment of time, attendance requirements, support for the organisation, conflict of interest policy and practice, acceptance of responsibility and collective decision-making.
- The Board should establish policies dealing with the number of consecutive terms a Board member or officeholder may serve.



The key objectives of our programs and services are at the preventative and early intervention stage of service delivery in building stronger and respectful relationships, strengthening families and improving children's well-being so to reduce the socioeconomic costs associated with relationship and family breakdown.

Investing in prevention and early intervention policies and practices has the potential to deliver more cost effective measures to government in the long-term as they work towards prevention - reducing the number of people in their early years entering the cycle of vulnerability, disadvantage and intergenerational dysfunction.

Changing cultural mindset that a healthy relationship or marriage involves more than meeting "the one" and convincing people that obtaining assistance early will be a significant strategy to offset future problems. Namely, reducing risk factors as well as enhancing protective factors in the couple relationship. The current culture to invest in remedial and later intervention is significantly costly as it addresses people who are already suffering from deeply embedded problems and dysfunction.

Investing at the primary end of service provision requires strong leadership to change prevention and early intervention from a viewpoint to a properly funded, sustainable, practical program of investment and social and economic returns which when taken to measure will alter the social and economic capacity of a generation of children.

2015/2016 Financial Year

We are now in the third year of our five year funding agreement with the Government Department of Social Services (DSS), Families and Communities Program, to provide family and relationship services to people in key delivery areas located throughout inner and outer Melbourne.

The extended surety that the funding agreement provides has enabled our organisation to concentrate its efforts on expanding our services, particularly in providing outreach services at collaborative partner organisations.

The previous financial year represented a significant year for the organisation, particularly in developing new and responsive ways of delivering services to our clients which are accessible, convenient, affordable and technologically progressive.

Our objective to increase overall services by 20% by 30 June 2016 has seen a proactive approach to streamlining our operations to better invest in our core capabilities and boost profitability which supports expansion. This process is ongoing and involves an evaluation of all aspects of the business to determine whether the cost allotted to each service stream is appro-

priate and is generating appropriate returns for the organisation. In the review of our service structures, both funded and private, a clarification of roles and responsibilities, and creation of an inclusive workplace environment to maximise the contributions of each staff member has led to an increase in momentum and productivity in staff. A redefining of roles and greater transparency has enabled staff to blossom in their roles and to embrace the new office space and outreach opportunities.

Focus on Core Capabilities:

In April 2016, we met with our Funding Agreement Managers from DSS to discuss service delivery, accountability and compliance. At this meeting, our exceptional work in the family and relationships sector was highlighted. But most importantly, the theme that resonated from this meeting was for us to focus on our core capabilities, that is, **what we do best**. This conversation struck a core and will guide our operational and strategic direction for the next five years, that is, to focus on our core capabilities which are Relationship and Marriage Education, Skills Training and Psychotherapy Services.

In eliminating aspects of our business which are non-essential and redirecting investment into our areas of expertise, we will achieve a cost-effective and efficient use of our resources in the long-term and be better placed for it. This will involve a greater investment in social media platforms to drive conversations (word of mouth) which will in-turn grow our exposure to new networks and allow us to expand on our range of influence in our sector.

In the educational and skills training space, this means building on our "Let's Keep It Alive" program and targeting more couples in the *selected* and *indicated* intervention stages - couples at risk for distress, separation and divorce. Currently, we are doing exceptional work in the *universal intervention space* which targets couples planning to marry and living together. More investment needs to be made at the latter intervention areas which in actuality services more of the population. These programs have a therapeutic approach which combines education with therapy.

Our committed counselling team see a range of people with diverse needs. Caring for their personal, emotional and psychological well-being will always underpin service provision. This is provided through our funded and private streams which complement one another and are determined by one's ability to pay.

Our Achievements

Being invited to present in partnership with Pronia (formerly known as the Australian Greek Welfare Society Ltd) at the November 2015 FRSA Conference: Future of Families: Preparing for Change' was a significant achievement as it recognised the invaluable work we are doing in the cross-cultural space. In partnership, we presented: Two Cultures – One Relationship: How does your culture impact your relationship?

Within this service stream, our strategic objections are in keeping with our core capabilities:

Objective 1: Raise awareness of the potential significance and subsequent impact of cross-cultural influence on the couple relationship

Objective 2: Deliver early intervention support programs and services to couples and individuals as they transition through significant family events

Objective 3: Strengthen evidence base to inform practice and service innovations and build expertise of sector

Objective 4: Build expertise of workforce in sector

Objective 5: Increase profile of the service within the sector

Our partnership with the City of Moreland Maternal and Child Health Unit and Springvale Service for Children (City of Greater Dandenong) is instrumental to our service delivery model. Specifically, wrapping services around a person's needs is delivering a more integrated service to people thus strengthening existing infrastructure and allocation of resources and minimising duplication. Expenditure can go towards delivering services rather than administrative outlays.

By wrapping services around people's needs and providing 'soft entry points' to engage them sooner rather than later in the service delivery cycle, we are 1) making services accessible, convenient and non-threatening; and 2) motivating people to seek services or take advantage of services available to them at the preventative and early intervention point of service provision rather than at the tertiary end.

When people find themselves at the tertiary end of intervention, services aim to soften the impact of an ongoing mental health issue, ongoing illness or family breakdown that has lasting effects. At this stage, the principle is to assist people to manage their often complex, long-term mental health and physical problems in order to improve as much as possible the quality of their lives and their ability to function in society.

To complement our Medicare Benefits Schedule (GP Mental Health Care Plan), positioned in our private counselling stream, we have been offered a Service Agreement as a Service Provider for 2016/2017 to deliver the Access to Allied Psychological Service (ATAPS) program, funded under the Commonwealth Department of Health's Primary Health Network Program. We are excited by this opportunity and look forward to servicing the community.

Our strategic move into more collaborative outreach practices has seen positive outcomes in the number of clients accessing our services. This increase not only means that we are meaningfully servicing the needs of more people in the community from all socioeconomic backgrounds, but we are growing our brand in the community and with stakeholders.

Rebranding RelateWell

It is important that our brand communicates (tells a story to as many people as possible) our expertise in prevention and early intervention practices in strengthening families and building strong and respectful relationships. What is important is keeping community at the centre of our mission and values which are essential to strong branding. That is, claiming the praise for the impact, not the praise of the brand.

In rebranding RelateWell, we wanted to achieve a

- **refocus** of our core capabilities so that we become the *Relationship People* in the marketplace;
- **moving with the times**, namely, the rebranding reflects where our business is now;
- **understanding of our technological advances** – we are now delivering programs and services via outreach (online) and via skype – within the comforts of people's homes; and
- **enhanced market confidence** – our new brand provides us with a greater amount of confidence in working with new stakeholders and clients. Feedback has been positive.

Moving Forward

We are looking forward to the year ahead where we can actually make a well-founded representation of the strategic processes we have put in place. Organisational change creates both challenges and opportunities, but we are embracing this mindset, and continuing to review, improve and clarify the manner in which we deliver our programs and services in 2016/2017 and beyond.

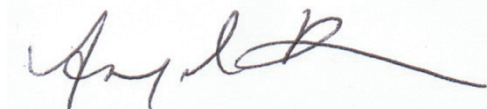
When you take into consideration the expenditure in relocating to Sydney Road Coburg, we are gearing ourselves for an improved financial position and importantly, a cohesive internal work culture governed by cooperation, as reflected in our improved client numbers and outcomes. We now have all our service streams working cooperatively and in coherence.

We will continue to build, innovate and improve our services to strengthen our relationships with our existing partners and to use our increased delivery of services to our clients to inform our research and advocacy. Advocacy is a significant theme in the next five years, particularly in the service streams of relationship education and cross-cultural education.

There has been exceptional growth in our service streams and within our workplace culture and this would not have been possible without the professional competency of our RelateWell team and excellent guidance and passion from our Board of Management.

I would like to thank our community partners whom contribute significantly in supporting our many clients through collaboration, joint service delivery and service improvement. Our collaborations help our organisation to do what it does best – to support people in *Relating Well*.

The key to our success will always be the quality of our people. Their collective motivation, enthusiasm and intense commitment, is sowing the seeds of a culture which is relentlessly pursuing positive outcomes in all our service streams and in ensuring that our efforts have an impact.



Angela Damianopoulos
Executive Director

OUR SERVICES

RelateWell through its delivery of Family and Relationship Services at the significant family transition points of forming relationships, getting married, living together, becoming parents and maturing as a couple, aims to strengthen relationships, support families, improve children's well-being, and reduce the costs associated with marital and family breakdown by investing in relationships, families and building stronger and resilient communities.

WHAT WE DO

We provide the following family and relationship services and programs in key delivery areas located in the municipalities of Moreland, Glen Eira, Whitehorse, Greater Dandenong and Melbourne:

Relationship and Marriage Education comprising:

- Premarital courses – “Let’s Make It Work”
- Relationship and Marriage courses – “Let’s Keep It Alive”
- Cross-Cultural / Bi-Cultural seminars and information sessions
- PREPARE/ENRICH Relationship Inventory Program

Relationship and Family Counselling comprising:

- Relationship and Marriage Counselling
- Cross-Cultural / Bi-Cultural / Interfaith Counselling
- Family Counselling, including children
- Mediation

Parenting Education and Counselling comprising:

- Parenting Courses (New Parent Groups)
- Supported Playgroups
- PREPARE/ENRICH Parenting Inventory Program
- Child and Adolescent Counselling

Individual Education and Counselling comprising:

- Art of Relating Program
- Individual Counselling - we see women, men, children and adolescents

Professional Development for Marriage Celebrants comprising:

- Professional Training for Marriage Celebrants in Adult Relationship Education



SERVICE CHARTER

Our Commitment to Quality Service

The Family Relationships Institute Inc. recognises the cultural diversity of Australian society and our clients. We aspire to have the following values and principles govern all of our activities:

1. **Inclusivity** – the Family Relationships Institute Inc. recognises the value of a broad range of relationships and family types and is committed to meeting their needs.
2. **Collaboration** – the Family Relationships Institute Inc. operates internally and externally in a spirit of cooperation and partnership. These qualities enrich the process of our activities and are valuable in the achievement of its outcomes.
3. **Cultural Diversity** – the Family Relationships Institute Inc. values the contribution of a diversity of cultures to the continuing development of Australian society and promotes understanding and acceptance of the linguistic and ethnic diversity of people.
4. **Integrity and Social Justice** – the Family Relationships Institute Inc. approach is based securely on equity and justice for all groups in the community and seeks to contribute to a more cohesive, equitable and harmonious Australian society.
5. **Innovation** – the Family Relationships Institute Inc. is innovative in addressing the issues and opportunities which it faces and seeks to bring about change through creative approaches.
6. **Effectiveness** – the Family Relationships Institute Inc. is outcome oriented and strives for sustainable results.
7. **Leadership** – the Family Relationships Institute Inc. continually builds on its expertise to develop and implement effective and relevant educational models.

Principles of Practice

The Family Relationships Institute Inc. has a commitment to the following principles -

Access: Ensuring fair and equal access for all people to those services that are important for their quality of life.

Participation: Maximising the opportunities for all people to participate in those programs which would make a positive contribution to their lives and their personal development.

Rights: Developing fairer, more comprehensive rights that are equally enforceable to all people regardless of their income and social background.



‘LET’S MAKE IT WORK’ PROGRAM

Our organisation has been delivering prevention and early intervention marriage and relationship educational support to couples planning to marry since 1978. Providing individuals with the skills and understanding of how they can best manage their marriage and relationship as it develops is a long-term investment in preventing marriage and relationship breakdown and divorce and its associated emotional and financial costs on families.

Increasing the number of couples who participate in Marriage and Relationship Education programs prior to marrying and/or cohabitating has the potential to improve partners future conflict resolution and financial management skills and future parenting skills. Couples will have the capacity to achieve a greater quality of happiness and stability which then filters through to a healthier environment for the entire family.

Defining Relationship Education:

RelateWell characterises relationship education as programs delivering education, skills training and principles that assist couples to increase their likelihood of maintaining healthy and stable relationships. That is why it is important to deliver relationship education programs at the significant transition point of marrying as it provides an opportunity to enhance protective factors, such as communication and conflict resolution skills, and reduce risk factors associated with relationship breakdown.

Teaching Model:

The education model developed by the organisation is a psycho-educational, experience-based and interactive adult education model for learning. It recognises that people learn in different ways.

Areas Explored:

Raising awareness about the couple’s relationship now and in their future life is fundamental to program delivery. Couples at each course choose the specific issues they wish to explore. Some popular choices are as follows:

- Communication
- Emotional awareness
- Conflict Resolution
- Financial management
- Decision-making
- Exploring relationship, familial and societal expectations
- Designing a relationship that works for us
- Family or origin influence
- Recognising and meeting needs
- Coping with stress
- Technology and relationships

PREPARE/ENRICH RELATIONSHIP INVENTORY

The questionnaire helps couples identify important relationship dimensions, their strengths and the areas they would like to improve in their relationship.

‘LET’S KEEP IT ALIVE’ PROGRAM

Creating quality relationships is a lifelong journey. Just as life has its ups and downs, so do relationships.

Marriages and committed relationships begin with the promise of a life-long commitment and really the only preparation we have to complete this commitment is modeled by our parents, peers and influenced by societal expectations and pressures.

How do we cope with these pressures in a relationship?

The “Let’s Keep It Alive” program will provide tools for you and your partner to consider what a loving relationship is for you personally and as a couple.

On average, couples wait for an issue to manifest itself or escalate before getting professional assistance for their relationship. The program aims to instil through the workshop experience that an event or issue is not a disaster but a turning point in your relationship which needs to be supported.

In all our programs, participants learn to explore, connect and enrich their relationship through improved communication skills and living their union as an evolving enjoyable relationship. It is a fun and interactive day where couples learn to:

- Reconnect with a new perspective
- Connect through improved communication
- Learn the tools to handle conflict constructively
- Reduce stress
- Balance responsibilities within the couple relationship and the family

LET’S MAKE IT WORK’ EXPERIENCE:

‘An interesting and engaging day allowing for thoughtful discussions ... Puts things in better understanding and it makes me feel more confident as a person’. (R.C)

‘There are definitely some valuable learning tools used, these will help down the track’. (J.P)

‘Help to build relationships and begin the process of self awareness’. (A.V)

‘Rewarding to finish the day, open my eyes to new ideas about relationship building a stronger bond with your significant other’. (W.D)

‘Great experience ... Mind opening for those who lack in expressing themselves and being able to do things in a group’. (J.I)

‘LET’S KEEP IT ALIVE’ EXPERIENCE:

‘It stimulates thoughts . . . makes you understand that all relationships are not perfect’. (N.N)

‘Things to learn about for yourself as a person; how to be a better version of you ... Things to learn about for your relationship that you don’t normally think of; how to make the most of your marriage and life together’. (A.M)

RELATIONSHIP AND MARRIAGE EDUCATION STREAM - TWO CULTURES - ONE RELATIONSHIP: HOW DOES YOUR CULTURE IMPACT YOUR RELATIONSHIP?

In working with couples, each significant life transition poses its own challenges. But, when you add the additional pressure of cross-cultural, interfaith and familial expectations on the couples relationship, the manner in which individuals deal with these issues and its increased obligations plays a significant role in determining the future success of their relationship, marriage and family life.

Identifying Service Gaps

The last twelve years in delivering Relationship and Marriage Education Services to couples has seen a significant increase in the number of interfaith marriages (traditionally known as mixed marriages) attending our premarital programs; that is, marriages between partners professing different religions and beliefs.

It is from this realisation that we began to ask ourselves: Why are couples not nominating to explore the topic 'Mixing of different cultural backgrounds and family influence' at our premarital courses? Why are the same safe topics being nominated and this particular topic not rating high in importance when the contrary is obvious?

It is from this realisation that our invaluable work with Pronia (formerly known as the Australian Greek Welfare Society Ltd) began and will guide our collaborative strategic directions in the cross-cultural relationship education space.

PROGRAM LOGIC-

Cross-cultural couples have issues of difference based on their cultural backgrounds. These issues of difference can cause conflict especially when there is some level of resistance from the other party to incorporate a cultural element into their life. Sometimes it's about ego, other times it is about loyalty to extended family. It can come from external pressures (family) or internal values.

Both RelateWell and Pronia felt it would be helpful for cross-cultural couples to have access to specialised support and there did not appear to be any in the 'not-for-profit' sector. As we both had the expertise, we decided to do it.

Collaboratively, we ran a 2-hour workshop for couples in cross-cultural relationships with a PREVENTATIVE / EARLY INTERVENTION focus. Relatewell recruited the participants and Pronia developed the presentation and delivered it.

OBJECTIVES:

Short-term objective - To increase the couples' awareness of how their family/cultural background can affect their relationship.

Methodology:

Group setting
Presentation and activity based
Discussions - issues of difference leading to conflict

Medium-term objective - To help couples build resilience and strength in their relationship in order to overcome future challenges

RelateWell (Family Relationships Institute Inc.) Annual Report 2015/2016

Methodology:

Group settings, presentations as above
Discussions – avoiding / managing conflict through respectful and open communication
Discussions on how cultural background is connected to people's identity and mindsets.

2015/2016 Couple Feedback:

Some typical issues of difference which partners identified to have caused conflict included (in order of most to least common):

Issues with extended family/in-laws (81%)
Different values
Feeling like an outsider
Baptising children
Type of marriage ceremony
Naming children
Language barriers/issues
Gender roles/expectations
Being mocked or disrespected in relation to cultural differences
Pressure to convert or follow a particular religion (35%)

COUNSELLING

Out of the 20 participants who attended the Monday workshops, three couples and one individual requested counselling. Their relationship composition was as follows:

1. COUPLE X (Greek/Mauritius)
2. COUPLE Y (Romanian/Australian)
3. COUPLE Z (Nepalese/Sri Lankan)
4. Female Individual (Indian/Australian)

To provide you with a case study of one of the couple experiences, following is the experience for Couple Y:

"One thing that was really effective for us was to open up about our concerns with each other which was really scary. For example, my concern was that I was not prepared to get married to someone who was of a different religion to me because it is such a big part of my life and I wanted to share it with the person I loved. The issue was that I had been hiding this from Z for almost 2 years and had lied to her about it because I was scared of losing her. Your workshop as well as praying, talking with my friends and family and talking to my priest helped me to understand that I needed to be honest with myself and her. When I told her the truth and revealed that I had been dishonest with her, she was devastated and it almost cost us our relationship. It was a very difficult and painful period which could have been avoided had I been honest from the start. Through an absolute miracle, she forgave me and we were able to move forward and now she understands what I really wanted. She has converted and we are both orthodox now".

2015/2016 EVENTS:

- Presentation of our initiative at the FRSA November National Conference 2015 in Brisbane: Future of Families: Preparing for Change. In partnership with Pronia, we presented: Two Cultures - One Relationship: *How does your culture impact your relationship?*
- Invited to be part of the panel on The Exchange TV Program.

What we know

Wrapping services around client's needs increases our capacity to provide an integrated stream of psychological, educational and therapeutic supports to clients accessing their local Maternal and Child Health Centres as it makes the process accessible, convenient and affordable. We achieve this by providing outreach services at partner agency outlets as clients are more likely to engage in the service because it is accessible and 'known' to the client.

Research confirms that those most in need of support services tend to be families least likely to access support. Therefore making services more accessible and within reach removes barriers associated with disengagement and most importantly, the stigma associated with seeking out primary and secondary interventions, particularly in the area of mental health.

What we deliver: *Happy Parents – Positive Parenting and Relationships*

Maternal and Child Nurses play a pivotal role in the lives of parents and children in early life. They also provide families with referral and linkages to other health and community services in their local areas. They are a trusted source of support and information. By establishing a joint system of referral in which Maternal Nurses refer people to our counselling and psycho-educational services we are better able to support vulnerable parents and children in need.

We currently provide the invaluable service to the City of Moreland Maternal and Child Health Unit and at Springvale Service for Children.

With the City of Moreland, we have maternal and child health nurses referring clients whom present with a range of diagnosable disorders that significantly interfere with their cognitive, emotional or social abilities to our on-site counselling service at Brunswick West Maternal and Child Health Centre every Tuesday. Given the demand for the service, we also see clients under the partnership every Tuesday and Wednesday from our head office in Coburg. All clients referred via our collaboration are able to see a counsellor at an affordable rate making the service within reach of the community. On average, we are now counselling 20 parents per week and the number is steadily growing.

We also present a psycho-educational parenting skills training component at the "New Parents Group" through Moreland Council which focuses on building positive child and parent relationships and interaction thus wrapping services around client's needs and building a rapport with new parents.

With Springvale Service for Children, given the diversity and complexity of the municipality, we provide the same integrated outreach psychological and psycho-educational service every Wednesday and Friday.



INDIVIDUAL, COUPLE AND FAMILY COUNSELLING

RelateWell provides valuable, high quality and affordable counselling and therapeutic services to clients living in Moreland, Greater Dandenong and neighbouring communities.

The organisation provides a funded and private counselling stream so that counselling and therapeutic services are within financial reach of all members of the community.

Presenting needs:

- Relationship, marriage and family difficulties
- People considering separation or divorce
- Beginning new relationships
- Rebuilding after separation and divorce
- Depression
- Parenting issues
- Child and adolescent mental health issues
- Family conflict and family dispute issues
- Anger management
- Cross-cultural issues
- Self-esteem and developmental issues
- Grief and loss
- Abuse and violence in relationships
- Stress management
- Life transitions and adjustment issues
- Career guidance

Approaches used include:

- Cognitive and Behavioural Therapy (CBT)
- Interpersonal Therapy (IPT)
- Acceptance and Commitment Therapy (ACT)
- Motivational Interviewing
- Emotion-Focused Therapy (EFT)
- Behaviour Therapy
- Psychodynamic Therapy
- Existential Therapy
- Person-Centred Therapy (client-centred counselling)
- Solution-Focused brief Therapy
- Family/Systemic Therapy
- Mindfulness
- Play Therapy
- Psychological Assessment including:
Clinical Interview

OUR LOCATIONS

Relationship, Marriage & Parenting Education:

Box Hill North
Burgess Family Centre,
15 Barwon St

Coburg (Head Office)
RelateWell Centre,
Suite 102, 398 Sydney Rd

Bentleigh East
Bentleigh Bayside Community Health
Gardeners Rd

Mt Dandenong
7 Observatory Rd

Springvale Service For Children
23-28 Lightwood Rd

- Parenting education offered at various
Maternal & Child Health Centres in Moreland

Counselling Services:

Coburg
Suite 102, 398 Sydney Rd

Brunswick West Maternal & Child Health Centre
482 Victoria Street, Brunswick West

Springvale Service for Children
23-28 Lightwood Rd, Springvale

Docklands Family Medical (ceased May 16)
88A Lorimer St, Docklands



1087 client sessions in 2015/2016

870 clients supported in 2015/2016



91% of clients report improved knowledge and skills

99% of clients satisfied with the service they received

94% of clients report improved access and
engagement with services

95% of clients report improved family, community
and economic engagement

OUR BOARD OF MANAGEMENT

President
Denis O'Donnell

Board Members
Brigid Burnard (resigned 06/08/15)
Angela Damianopoulos
Kerrie Inserra (resigned 26/08/15)
Russell Williams
Luciana Martini
John van Loan
Kerry Dawes
Stavros Sakellaris

Honorary Members
Don Burnard
Dr Ron Fitzgerald

The role of the Board is to provide leadership for and supervision over the Institute's affairs

ORGANISATIONAL CHART

Board of Management

Executive Director

Office Manager

Marriage &
Relationship
Education

Parenting
Education

Cross-Cultural
Education

FaRS (funded)
Counselling
Stream

Private
Counselling
Stream

RelateWell would like to take this opportunity to thank the Australian Government Department of Social Services (DSS) for their ongoing support and all those organisations that have worked in partnership with us to reach our vision over 2014/2015:

City of Moreland Maternal & Child Health Unit
Springvale Service For Children
Pronia (formerly known as Australian Greek Welfare Society Ltd)
Cairnmillar