



Caring for your well-being since 1978

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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

Family Relationships Institute Inc., trading as RelateWell, was founded in 1978. It is a not-for-profit community secular organisation providing a range of prevention and early intervention support services at significant transition points in the lifecycle. Our family and relationship services target the significant family transition points of relationship formation, extension and separation; aiming to support family relationships, prevent breakdown and guarantee the wellbeing of children through broad-based counselling and psychoeducation. Our specialist mental health services match structured evidence-based interventions to individual’s needs and complexities in the clinical delivery of targeted psychological support services to adults and children. RelateWell is a leader in primary prevention, early intervention, treatment and recovery, working with key stakeholders in supporting people’s well-being during significant life events. Our family & relationship services (FaRS) are funded by the Australian Government Department of Social Services (DSS) and have been Federally funded since 1978.

Our History

The Family Relationships Institute Inc. was founded in 1978 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.

Our counselling and relationship, marriage and parenting psychoeducational services are primarily at the prevention and early intervention end of service provision and target the significant family transition points of relationship formation, moving in together, getting married, having a baby and maturing in the couple relationship. Essentially, our services prepare people with the skills to deal with life challenges and changes before they become big problems and issues. Healthy relationships are a crucial component of health and well-being. RelateWell aims to provide counselling and relationship and parenting education services at a price which keeps them within financial reach of the majority of people in the community. Priding itself in being a boutique-like provider of services, where people are welcomed, supported and treated like individuals. Where the most vulnerable people in society are treated with respect, leaving our services with improved family and community functioning; and a satisfaction with the service they have received. Strengthening access and services to vulnerable and disadvantaged families is a strategic key in service delivery.

The Family Relationships Institute Inc. is incorporated under the Associations Incorporation Act. ABN: 26 497 501 316



Board of Management

The Family Relationships Institute Inc. is governed by a Board of Management, who is committed to achieving our vision of building a sustainable business governed by sound governance.

BOARD OF MANAGEMENT

PRESIDENT

Stavros Sakellaris

VICE PRESIDENT

Luciana Martini

PUBLIC OFFICER

Donna Cossio (non-voting member)

BOARD MEMBERS

Russell Williams

Vanessa Field

Tina Douvos-Stathopoulos

Roslyn Monagle

Joan Pianta

HONORARY MEMBERS

Don Burnard

Dr Ron Fitzgerald

EXECUTIVE DIRECTOR

Angela Damianopoulos

Board of Management Charter

The role of the Board is to provide leadership for and supervision over the organisations affairs:

- Developing and approving the vision, purpose and values of the Institute.
- Monitoring management's performance, providing feedback and assistance in the implementation of strategy. Ensuring appropriate resources are offered.
- Approving key organisational policies and 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 Institute and ensuring there are adequate funds and resources for the organisation.
- Overall organisational governance, 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 Institute's external auditors.
- Ensuring that 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 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, conflict of interest policy and practice, acceptance of responsibility and collective decision-making.
- Policies in dealing with Board consecutive terms.

Message from the President



I am pleased to present my President report for another milestone year for RelateWell.

In thinking back over the last financial year, and the many challenges the community has weathered, I am honoured that RelateWell has continued to support individuals, couples and families, through an ever changing climate. Collectively and ardently, achieving significant success in all areas of its services and programs. This is a true testament of the organisations firm commitment to support its mission and to support the many clients who attend its many services through technological and onsite support.

What has reinforced our ability to adapt to the ongoing pandemic and its impact on our services and consumers is our solid foundation and culture, which is guided by the principle to support all members of society and to be innovative in doing so. An approach which is not only real, but ensures RelateWell's conducts and activities are compliant and in furtherance of its mission.

As you will hear in the Executive Director's report, RelateWell has continued to perform exceptionally in another unpredictable year ensuring to develop and implement systems to support compliance with its legal and policy obligations; and ensuring the organisation's assets are protected through suitable risk management.

With that, on behalf of the Board, I would like to thank our collaborative partners in supporting the delivery of services to all our clients.

I would like to thank our Executive Director, who continues to lead the organisation by example, maintaining good business practice supported by the evidence-base and a committed team.

As always, I will take the opportunity to thank our Board, their knowledge and influence ensures that RelateWell develops and implements strategies and supports policies to facilitate it to satisfy the objectives defined in its constitution.

Stavros Sakellaris
President

Executive Directors Report at the Annual General Meeting of the Family Relationships Institute Inc. trading as RelateWell Thursday 11 November 2021



I would like to commence by acknowledging the traditional owners of the land, the Wurundjeri people, elders past and present.

The COVID-19 pandemic has continued to trigger incomparable interruption to the delivery of social services in 2020-2021, applying and adapting technology to traditional face-to-face direct services; essentially demonstrating the competence in which technology can improve efficiencies and accessibility to social services for a wide range of individuals, especially the vulnerable and disadvantaged cohorts.

Within the realms of tele-practice, there is a movement from direct service provision to collaborating and occupying virtual spaces; with the fundamental driver being increasing accessibility whilst maintaining best practice, competence and ethics in the administration of targeted services. Tele-practice is a component of a multi-modal service delivery approach providing multiple methods of service provision such as face-to-face, video-conferencing and telephone.

Essentially, technological adaptation of tele-practice has enabled our organisation to support vulnerable people who are experiencing geographical isolation; mobility impairment; culturally-based difficulties; lack of confidence or competence in face-to-face communication; and physical violence or intimidation'. The latter point is significant as the use of technology has transformed the means in which people proceed into relationships, terminate relationships, and subsequently engage in our services.

However advantageous in circumstances where one's safety is a risk and one's familial circumstance impairs one's mobility to attend an onsite session, online mediums do remove the face-to-face nature of building a rapport with a client which is essential in service provision. What people say with their body language cannot be replaced with what is spoken. Presentations are not in a referral where the referring general practitioner deals with a symptom; presentations are in what is observed in a session. Therefore, the movement towards "person

to technological collaboration” is changing the way we deliver services, the traditional “person-to-person” collaboration cannot be replaced; thus the pandemic is continuing to challenge processes as well.

Underpinning our ability to evolve, adapt and reinvent ourselves since our inception in 1978 is our deep-rooted commitment to generate long-term worth for all our stakeholders. While technology has changed the way interactions function over this time, generally throughout the year has been the significance of being trusted for our activities, delivering flexible and resilient strategies and operations in supporting the efficiency of our services.

The most momentous milestone of a rather challenging year has been notification from the Department of Social Services (DSS) in November 2020 of our approved five-year grant extension to 30 June 2026 for the Family and Relationship Services (FaRS) program. This extension and subsequent funding surety allows the organisation to proceed with confidence in its operations ensuring good business practice within external settings which are no longer predictable. Providing services on one’s ability to pay and circumstance underpins the FaRS delivery of broad-based counselling and psycho-educational services.

Suite 202

In August 2021, the organisation commenced operating services from Suite 202. Known as “RelateWell Psychology & Perinatal Health”, suite 202 will see the delivery of specialist mental health services encompassing: Medicare-subsidised mental health specific referrals, CAREinMIND Targeted Psychological Support and Suicide Prevention referrals, NDIS therapeutic support referrals, Child Protection Health Program (Victoria) referrals, TAC, WorkCover and all other private health psychology referrals. All perinatal specific referrals through our partnership with Moreland Maternal and Child Health Service which are Medicare subsidised will be conducted from this new space. From 8 November 2021, onsite appointments will be available to all clients.

Client accessing services

In the 2020-2021 financial year a total of 671 unique clients accessed our FaRS sub-activity and 2363 client sessions were delivered. In our private counselling stream, 300 unique clients accessed our services, with 864 sessions delivered. A total of 971 unique clients were supported in 2020-2021 with 3227 client sessions delivered.

This is an incredible outcome in our private counselling stream when comparing to the previous financial year where 359 unique clients accessed our services, particularly given the organisation only had one psychologist working from August 2020 to January 2021, on a part-time basis, for one and a half days. It was not until February 2021, that another psychologist came on-board two days a week. Our investment in our provisional psychologists now sees our team growing to pre-pandemic times. Also noteworthy, the number of clients accessing the

FaRS sub-activity may be down from 833 unique clients in 2019-2020, but this is predominantly due to our inability to conduct onsite education programs. The medium of video-conferencing is difficult when conducting a new parent group, parenting or relationship program with more than 10 people in attendance balancing children, remote learning and/or other interruptions.

Additionally, what has been observed over 2020-2021 is that although there has been a decrease in the number of unique clients accessing the FaRS sub-activity, there has been an increase in the number of sessions a unique client engages with our service with the average session per case being 5.2 from 4.2 in the previous financial year. Notable when you compare in 2019-2020, 833 unique clients accessed our services with 2386 sessions; and in 2020-2021, 671 unique clients with 2363 sessions being conducted. Therefore, indicating that clients are engaging in counselling for more sessions than in the previous year.

Importantly, the pandemic has seen an increase in the number of COVID-19 mental health services available to the community translating to the increased uptake of Medicare subsidised referrals presenting to our organisation via Mental Health Treatment Plans.

Also noticeable has been the increase of clients accessing CAREinMIND targeted psychological support services from priority cohorts such as Aboriginal & Torres Strait Islander peoples; people from culturally and linguistically diverse backgrounds; people with a disability; and LGBTIQ communities coming through our private counselling stream. Relevantly, once the client has exhausted the number of sessions via a specific referral pathway the FaRS sub-activity will support those in need of additional psychological intervention; thus firmly cementing our mission to wrap support services around clients needs.

Education Services

Our psychoeducational programs, principally new parent groups and relationship/marriage education and skills training has continued to be impacted by the pandemic. This is significantly due to the inability to facilitate onsite groups due to Victorian lockdowns, onsite capacity restrictions and the sentiment of “fear” within the community.

But, in partnership with Moreland Maternal and Child Health, the organisation has continued to run NPG’s via MS Teams, but at a limited capacity. Reason being, not all participants wish to engage online, but the medium of video-conferencing has provided an opportunity to facilitate a group thus advancing client-based care. In fact, many attendees have sought our counselling support following attendance at a group; reflected in feedback. On that note, we appreciate the ongoing commitment of Moreland maternal and child health nurses towards families, their “dedication” and “determination” to safeguard the wellbeing of families throughout these challenging times is never compromised.

Regarding relationship/marriage education and skills training, the premarital target group has been significantly impacted by COVID-19 lockdowns given couples inability to secure a wedding date and proceed with planned weddings; disrupting their ability to confidently enrol in a program. Therefore, throughout 2020-2021, the organisation has continued to work with couples, caring for their well-being via regular communication and/or providing alternative interventions of support.

The organisation in partnership with Springvale Service for Children (SSC) was successful in obtaining funding for the project titled 'Starting Strong in Your Child's Education (SSYCE)' in 2020-2021. The psychoeducational-based program supported parents from culturally diverse communities to understand theirs and their child's feelings and behaviours during the significant transition period of commencing their education. It is envisaged that we will continue to provide the program when the need presents as well as deliver the Circle of Security Parenting Education program to attending families, a grant we successfully received in partnership for the 2021-2022 financial year.

In April 2021, the organisation was successful in its funding application for the project - RelateWell Psychology & Perinatal Health - under the Stronger Communities Programme Round 6. Positively, the grant went towards purchasing furniture for our expansion into suite 202 which expands our capacity to support an increased number of clients in Moreland, particularly those whom are vulnerable and disadvantaged. The organisation thanks the Honourable Peter Khalil MP, Federal Member for Wills, for nominating our organisation to submit a proposal for funding.

Our partnership with Belle Vue Park Primary School in Moreland is invaluable. Momentously, the primary school was successful in its Inclusive School Fund Application to build a "Kids Zone Well-being Centre" to support children and families. It was a privilege to endorse the school's application and to work so closely with such a dedicated team, led by their phenomenal Principal Paul Kenna. Our counsellors will continue to be onsite supporting this significant children and family hub where prevention and early intervention targeted psychological services has the potential to improve the lives of children with disabilities and additional needs to participate and succeed in school and become valuable members of society.

The new "norm"

Contrary to what society wants, the COVID-19 pandemic has continued on, triggering an unrestricted health crisis, a global economic and financial crisis, a human rights crisis, impacting all global citizens. From a service provision perspective, as members of society, we are significant players in the discourse surrounding COVID-19 and need to be mindful not to discriminate against those whom have chosen a different pathway to the majority.

At RelateWell, we will continue to provide services to all individuals whom require support; following appropriate

measures to ensure the safety of its staff and its consumers. RelateWell will not put up barriers to accessibility which fosters social exclusive practices. In line with the current evidence that submits that a psychiatric epidemic is co-occurring with the COVID-19 pandemic, which requires the attention of the health community, RelateWell will continue to provide services to all members of the community, addressing the existing psychosocial challenges and supporting mental health amid the continuing pandemic.

On that note, I am proud of our staff for their adaptability to change and their dedication to serving their clients with integrity.

And I thank you, our Board of Management, whom have guided and supported me with their expertise through this once-in-a-lifetime challenge. The preparation and range of scenarios explored at Board level has laid the groundwork for the organisations success and future successes in an evolving situation; demonstrated in the audited financial report.

I thank our collaborative partners for their continued support, as collaboration strengthens our ability to increase accessibility to services fundamentally improving client outcomes.

And to Donna Cossio, the office manager, without your attention to detail and skill-set to manage an evolving landscape, we would not have enjoyed the successes of 2020-2021. Not only did you ensure that everyone felt informed and connected; but everyone felt supported in a climate of continued legislative changes impacting the changing environment.

To the team, I thank you for your dedication, professionalism and support in establishing a new normal which comes with its challenges, but not at the expense of sound business practice.



Angela Damianopoulos
Executive Director

ORGANISATIONAL SNAPSHOT OF PROGRAMS AND SERVICES

Relationship and Marriage Counselling comprising:

- Adult & Relationship Counselling & Support
- Parenting & Family Counselling & Support
- Relationship & Marriage Counselling & Support

Perinatal-specific support comprising:

- Universal Maternal & Child Health, Moreland Maternal & Child Health Service & Springvale Service for Children referrals (City of Greater Dandenong)
- Moreland Enhanced Maternal Child Health (EMCH) referrals

Relationship and Marriage Education programs comprising:

- Premarital Program (Let's Make It Work)
- Committed couples program (Let's Keep It Alive) & ENRICH Inventory style relationship program
- Building Respectful Relationships Program (Springvale Service for Children & City of Greater Dandenong)

Parenting Education comprising:

- New Parent Groups (Moreland Maternal & Child Health Service)
- Parenting programs comprising Circle of Security Parenting Education (COSP), Starting Strong in your Child's Education.

Specialist Mental Health Services:

- Medicare-subsidised mental health-specific referrals
- CAREinMIND Targeted Psychological Support (TPS) & Suicide Prevention Services (SPS)
- Individual and couples counselling via private health insurance rebates
- National Disability Insurance Agency (NDIS), Therapeutic Supports

Adult Counselling & Support Parenting & Family Counselling & Support

The significant family transition point of "becoming parents" is a vulnerable period where couples are at-risk of marital/relationship discord and dissolution resultant from postpartum relationship stresses and pressures experienced through the early parenting period. As a result, targeting families in the postpartum period strengthens family relationships, prevents relationship/marital distress and breakdown and ensures the wellbeing and safety of children.

Early intervention is vital in supporting families in the early parenting period. It is at this stage in a child's life, you can reduce a family's vulnerability to breakdown which significantly impacts on a child's life as it is in these early years that you are able to work on a child's significant developmental years from birth to school entry. The saying "Happy Families Flourish" cannot be underestimated, particularly as safe and secure early attachments early in life and subsequently through the early years of a child's life exists as a predictor of positive societal relationships and reduced antisocial behaviour and criminality for children. Our counselling services directly target families postpartum.

Collaborative Partners:

Moreland Maternal and Child Health Service

Our relationship with the City of Moreland's Maternal and Child Health Unit is invaluable. Maternal and Child Health Nurses play a pivotal role in the lives of parents and children in early life. They also provide families with valued referral and linkages to other health and community services in their local areas. They are a trusted source of support and information.

Under our partnership, we are delivering accessible counselling and psychoeducation parenting services to individuals and families at the significant family transition point of becoming parents and raising children. Our partnership is underpinned by improving the accessibility and equity of services so that people are able to access adequate targeted psychological interventions and support regardless of their financial situation and locality. This entails developing responsive ways so that people do engage in support services.

Our provision of services encompasses counselling delivered at the following Maternal and Child Health Centres: Brunswick West, Pascoe Vale and Belle Vue Park. And our New Parent Group presentations span 11 Maternal and Child Health locations in Moreland: Brunswick South, Lygon Street, Brunswick West, Coburg, Moreland, Newlands, Fawkner, Belle Vue Park, Gowanbrae, Pascoe Vale and Pascoe Vale South.

Springvale Service for Children (SSC)

SSC is a multifaceted children's hub providing significant early childhood services to families living in Springvale and neighbouring suburbs. Our partnership with SSC is significant because a well-coordinated system of linkage and referral ensures that vulnerable families are supported and appropriate referrals are made

within an accessible and timely manner. From within their premises, RelateWell provides outreach counselling and educational services in the areas of individual, couple and family counselling and parenting education. Collaboratively, our services and programs provide a universal platform for engaging families early in the intervention cycle, particularly in the areas of perinatal mental health and those families affected by, or at risk of, family violence.

RelateWell successfully received a grant from the City of Greater Dandenong to run the project 'Starting Strong in your Childs Education' for the 2020/2021 financial year. The project was a success and will continue to be offered at SSC in the 2021-2022 financial year, particularly given that the pandemic impacted our ability to reach a larger volume of participants because of lockdowns and restrictions.

RelateWell's family & relationship services prepare people with the skills to deal with life challenges and changes before they become immense problems and issues.

Seeking to achieve a cultural mindset that the transition to family; and a healthy relationship can be supported to reduce unrealistic expectations and relationship stresses postpartum.

Relationship and Marriage Education and Skills Training – Premarital (Let's Make It Work) and Committed Couples Programs (Let's Keep It Alive)

Providing relationship education at the significant transition points of forming relationships, marrying, living together and maturing in the couple relationship underpins our relationship and marriage education programs. Relationship education and skills training activities provide enrichment and enhancement principles that supports partners to increase their chances of having quality, meaningful, respectful and stable relationships.

At the prevention and early intervention point of service delivery, our education and skills training (Let's Make It Work) provides relationship and marital health and well-being interventions. At the latter point of service delivery (Let's Keep It Alive), where relationship distress and breakdown is evident, there is a combination of education and therapeutic approaches with counselling.

Evidence-based:

Our Relationship Programs have been developed by our experienced team through application, research, knowledge and an awareness of couple relationships.

The organisation has developed a successful model of curriculum-based adult education and skills training for positive respectful relationships since 1978. This model has provided couples with the knowledge, skills training and awareness that relationship/marriage is a lifelong commitment comprising of many transitions. It is because of our expertise in the relationship space; and comprehensive understanding of evidence based relationship theory, we can support couples at the significant transition points of marrying, living together and maturing in the couple relationship.

PREPARE/ENRICH Relationship Inventory

The PREPARE/ENRICH Relationship Inventory helps couples identify important relationship dimensions, their strengths and the areas they would like to improve in their relationship. The inventory report assists couples in identifying the strength and growth areas in their relationship; explore personality behaviours and traits; strengthen communication and conflict resolution skills; compare family backgrounds; discuss financial issues in a comfortable environment; and put in place individual, couple and family goals.

PRIVATE Counselling Stream



Specialist mental health services match structured evidence-based interventions to consumer needs and complexities in the clinical delivery of targeted psychological support services to adults, youth and children.

Specialist services operate within clinical governance and a quality assurance framework across the services with staff providing front-line consumer care. The business and professional qualifications of the organisations clinical staff are approved by governing bodies and underpinned by good business practice.

Referrals seen:

Medicare-subsidised mental health specific services

As part of an allied health team, our psychologists assist general practitioners in undertaking early intervention, assessment and management of patients who present with a range of clinically diagnosable disorders that significantly interfere with their cognitive, emotional or social abilities.

CAREinMIND Mental Health Services

RelateWell is contracted by North Western Melbourne Primary Health Network (NWMPHIN) to deliver CAREinMIND Targeted Psychological Support and Suicide Prevention Services to North Western Melbourne.

Moreland Enhanced Maternal Child Health (EMCH)

The EMCH program provides services to parents and families with additional needs that require a more intensive level of support. Given the continued pandemic, the organisation has continued to provide psychological therapies to vulnerable families via telehealth or video-call; as well as onsite. Prior to the pandemic, in-home counselling was provided to individuals whom were unable to attend an onsite session. Working within this service space further underpins our collaboration in achieving accessible and responsive mental health services to vulnerable families living in the Moreland municipality across the significant postpartum period. The EMCH program offers adaptable measures and interventions to families who would benefit from targeted support.

Child Protection Health Program Victoria

The organisation has a memorandum of understanding with the Child Protection Health Program Victoria (CPHPV), under the auspices of the Nursing & Midwifery Health Program Victoria (NMHPV) to provide Victorian Child Protection Practitioners mental health support.

Self-Managed NDIS: Therapeutic support

The organisation provides therapeutic support to people whose plans are managed by the National Disability Insurance Agency (NDIS).

Therapeutic supports assist individuals to gain skills and improve independence related to identified needs in areas such as language and communication, personal care, mobility and movement, interpersonal interactions, community living to support positive changes in the person's functioning, development and well-being.

In caring for individuals well-being via therapeutic supports, counselling provides participants and carers with assistance to understand and manage situations, behaviours and relationships associated with their need for care and mental health.

Many of the health and social problems our communities face are preventable, which illustrates the significance of prevention and early intervention targeted responses at key transitional family points in the life course. Strengthening prevention and early intervention services underpins our purpose.

OUR PARTNERS

RelateWell would like to take this opportunity to thank the Australian Government Department of Social Services (DSS) for their ongoing support and funding; and all those organisations that have worked in partnership with us to reach our mission over 2019/2020:

Belle Vue Park Primary School
Cairnmillar
Child Protection Health Program Victoria
City of Greater Dandenong
Employsure
Family Relationship Services Australia (FRSA)
Moreland Maternal & Child Health Service
North Western Melbourne Primary Health Network (NWMPHN)
PRONIA
Springvale Service for Children

OUR TEAM

The key to the organisations success will always be attributed to its fabulous team -
THANK YOU.

‘Our aim is to ensure that people leave our service with improved family and community engagement, a satisfaction with the service received, and a sense that the relationships within their family unit are functioning and Relating Well.’

(Angela Damianopoulos, Executive Director)

OUR PERFORMANCE IN 2020/2021

971 unique clients supported

3227 client sessions conducted

95% 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

Breakdown of client and session data for 2020/2021:

Family & Relationship Services (FaRS) Stream

671 unique clients
2363 client sessions

Private Counselling Stream

300 unique clients
864 client sessions

'Our objective to increase our reach of family and relationship services to the most vulnerable people in society has seen a proactive approach to streamlining our operations to better invest in our core capabilities and boost profitability in our private streams 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 appropriate and is generating appropriate returns for the organisation.' At RelateWell, collaboration is embraced as a coming together of professionals from a range of backgrounds, working together to achieve the best outcomes for people accessing our services.' (Angela Damianopoulos, Executive Director)

Funding Partners



Proudly supported by
City of Greater Dandenong

National Regulator



Collaborative Partners



Moreland City Council



Peak Body



SERVICE LOCATIONS

Counselling Outlets

Belle Vue Park Primary School and co-located Maternal and Child health Centre

73-99 Morell Street, Glenroy

Brunswick West Maternal & Child Health Centre

482 Victoria Street, Brunswick West

Pascoe Vale Community Centre

7 Prospect Street, Pascoe Vale

RelateWell Centre (Head Office)

Suite 102, 398 Sydney Road, Coburg

Coburg Maternal & Child Health Centre

Wardens Walk, Coburg

Springvale Service for Children

23-28 Lightwood Road, Springvale

Family and Relationship Education:

RelateWell Centre (Head Office)

Suite 102, 398 Sydney Road, Coburg

Springvale Service for Children

23-28 Lightwood Road, Springvale

New Parent Groups:

Conducted at the following Maternal & Child Health Centres in the City of Moreland:

Brunswick East, Maternal & Child Health Centre

Belle Vue Park, Maternal & Child Health Centre

Gowanbrae, Maternal & Child Health Centre

Lygon St, Maternal & Child Health Centre

Brunswick West, Maternal & Child Health Centre

Coburg, Maternal & Child Health Centre

Fawkner, Maternal & Child Health Centre

Glenroy, Maternal & Child Health Centre

Pascoe Vale, Maternal & Child Health Centre

Pascoe Vale South, Maternal & Child Health Centre