



Service locations

Other Family Relationship Centres are in:

- Salisbury/Elizabeth
- Noarlunga
- Under special circumstances flexible options may be available.

Contact us

Adelaide Family Relationship Centre

Phone (08) 8419 2000

Email adelaidefrc@rasa.org.au

Address

161 Frome Street
Adelaide
South Australia 5000

Family Relationship Advice Line
1800 050 321

www.familyrelationships.gov.au

Child Focused Information Sessions

Adelaide Family Relationship Centre services are provided by Relationships Australia (SA)

When do I attend a Child Focused Information Session?

You will be asked to attend a Child Focused Information Session after you have had an individual appointment with a worker from the Family Relationship Centre.

The sessions take approximately three hours and will include other people in similar situations to your own.

The aim is for your former partner (or other party) to attend an information session at a different time to yours. They will be hearing the same material and have the opportunity to talk and share with others. You will both have the same information by the time you commence mediation.

What does a Child Focused Information Session offer?

A Child Focused Information Session is for a small group of parents and/or other significant carers who are in the process of thinking about how to manage parenting arrangements.

The session will help you prepare for mediation. It is not designed to provide advice about your individual circumstances but it will give you important information to consider before mediation commences.

This is often a very difficult time for many people and you may be experiencing feelings of sadness, anger and distress. As a carer for your child/ren you want to do what is in their best interest.

Research into family separations always reveals one important fact:

The way family disputes are resolved affect the children involved. We know, in particular, that ongoing conflict between parents hurts children.

The way in which families handle separation and divorce is important.

The Information Session will help you to...

- Create a space and spend time thinking about your child/ren's unique and special needs
- Share information and knowledge of the impact of conflict and trauma on your child/ren
- Think about mediation from your child/ren's point of view and what they might need you to achieve
- Look through the eyes of your child/ren
- Work towards building a stable foundation for parenting after separation
- Recognise that co-operation between separating families is always best for children
- Understand mediation and how it relates to family law.