

What We Do for men in the Riverland

Your relationships

Talking about your relationships can benefit you and your partner through the good times and the hard times.

Looking after yourself

Sometimes life gets tough. We can provide a space for you to talk about what you're worried about. Keeping yourself and your family safe is important and talking about how you are going will help.

Parenting and being a Dad

Being a Dad is one of the most rewarding and challenging jobs you can take on. Chatting about fatherhood and what it means will assist you to focus on the importance of your relationship with your children.

Support through separation

Nobody gives you a manual on how to deal with a separation. Talking with us can support you with putting things into perspective and planning your next steps.

Parenting Mediation/Family Dispute Resolution

After separation, both parents worry about when and how they will see their children. Mediation encourages parents to have conversations about their children, with a focus on your relationship with your children.

Gambling and other addictions

Gambling is something most of us have taken part in at some stage. Have you ever wondered if you are gambling too much? Talking about gambling can help you plan what to do next. Sometimes gambling goes hand in hand with drug and alcohol abuse.

All of our services are free and confidential.
If you would like to talk more, please call us on 8582 4122 or email your name and number to berri.intake@rasa.org.au and we will call you.