

## Testimonies about counselling

*'Even though yarning our way with other fellas, we never looked for counselling before. Because our way of sitting round yarning was counselling for us.*

*We're all spread away from each other now, we've drifted apart. When we were on the mission for everyone once it was like family, we knew each other's ways.*

*To be able to talk to someone outside my family, I've never been able to talk about my feelings before. Because we're so close in our family you can't talk to them in the same way. No way. There's a lot of things in counselling that are good for us. It's something to look forward to, I know it's a professional coming.'*

- Ngarrindjeri Elder

*'I was never one to have counselling; and didn't think of it as a part of healing. In the past I found violence, drugs and alcohol as my own personal healing. Ever since I've had counselling with Relationships Australia (SA), I have different views with how I see things. I was one to bottle things up and then it would eventually explode out. I have better control of my emotional and anger issues. There is a light at the end of the tunnel, but it's up to you to move forward or go backwards.'*

- Young Indigenous Woman



For more information about the Social Emotional Wellbeing Program or to speak with an Aboriginal Liaison Officer contact:

### Adelaide Family Relationship Centre

161 Frome Street  
Adelaide SA 5000  
T: (08) 8419 2000  
F: (08) 8232 2898

### Salisbury/Elizabeth Family Relationship Centre

Shop 7  
Salisbury Cinema Complex  
Cnr James and Gawler Streets  
Salisbury SA 5108  
T: (08) 8250 6600  
F: (08) 8285 4494

13 Elizabeth Way  
Elizabeth SA 5112  
T: (08) 8255 3323  
F: (08) 8255 7753

### Outer West (Port Adelaide)

Ground Floor, 8 Butler Street  
Port Adelaide SA 5015  
T: (08) 8340 2022  
F: (08) 8241 5236

### Riverland (Berri)

9 Kay Avenue  
Berri SA 5343  
T: (08) 8582 4122  
F: (08) 8582 4152

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

### Relationships Australia (SA) locations

#### Central (Adelaide)

161 Frome Street  
Adelaide SA 5000  
T: (08) 8223 4566  
F: (08) 8232 2898

#### North (Elizabeth)

13 Elizabeth Way  
Elizabeth SA 5112  
T: (08) 8255 3323  
F: (08) 8255 7753

#### West (Hindmarsh)

49a Ormond Street  
Hindmarsh SA 5007  
T: (08) 8245 8100  
F: (08) 8346 7333

#### North (Salisbury)

Shop 8a  
Salisbury Cinema Complex  
Cnr James and Gawler Streets  
Salisbury SA 5108  
T: (08) 8250 6600  
F: (08) 8285 4494

#### South (Marion)

Suite 500a  
Westfield Shopping Centre  
297 Diagonal Road  
Oaklands Park SA 5046  
T: (08) 8377 5400  
F: (08) 8377 5411

Funded by the Australian Government



# Social, Emotional, Wellbeing Program

Promoting Emotional, Social, Physical and Spiritual Wellbeing



Diversity Respect Belonging Learning

### Social Emotional Wellbeing Program

Promoting emotional, social, physical and spiritual wellbeing within the Aboriginal community.

We acknowledge the effects of colonisation and racial oppression on peoples lives.

We acknowledge we are working on the lands of the Kurna people.

Relationships Australia (SA) has a team of non-Indigenous counsellors working together with Aboriginal Liaison Officers.

The Social Emotional Wellbeing Program is:

- Free
- Confidential
- Flexible about where we meet
- Respectful and non-judgmental.

### Counselling for you and your family

- A chance to tell your story and be heard
- Talking about things from the past that might be bothering you
- Self care and valuing who you are
- Talking about what's important to you without being judged
- Develop your coping skills
- To move towards having more choices and living the life you want
- Developing confidence to make healthier choices
- A confidential, respectful and safe space for talking
- Be able to feel your feelings
- Help you move forward from things that have happened in your life like childhood sexual abuse and other traumas
- Support you through loss and grief
- Healthier ways of dealing with family
- Someone to listen
- Family violence: Knowing where you stand - rights and options