

Confidentiality

Information disclosed in counselling sessions is protected under the *Family Law Act (1975)* and cannot be used in evidence. Children and young people's wishes about confidentiality will be respected.

Fees

Fees for counselling and group therapy are determined by parental household income. Education program fees are by negotiation.

No person will be refused service because they are unable to pay.



Relationships Australia SA locations

iKiDs provides direct counselling services through our offices in Adelaide (Frome Street), Hindmarsh, Port Adelaide, Marion and Salisbury.

Central (Adelaide)

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

West (Hindmarsh)

49a Orsmond Street
Hindmarsh SA 5007
T: (08) 8245 8100
F: (08) 8241 5236

Outer West (Port Adelaide)

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

South (Marion)

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

North (Salisbury)

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

www.rasa.org.au

iKiDs (Supporting Children & Young People After Separation) is provided by Relationships Australia SA and funded by the Australian Government.

April 2019

RELA066

The iKiDs logo is written in a white, stylized, handwritten font against a dark background.

Supporting Children & Young People
After Separation



Relationships Australia.
SOUTH AUSTRALIA

The national Supporting Children After Separation Program (SCASP) is funded by the Commonwealth's Attorney-General's Department. iKiDs program is part of this national program, and it aims to support children and young people whose parents have been separated or are in the process of separating.

What are the issues?

Children are affected by numerous, stressful experiences when parents separate and many of these difficulties take place after the separation has occurred. They may include:

- Dislocation of social networks
- Moving schools and between two homes
- Feeling caught in the middle of parental conflict
- Feeling that the separation is their fault
- Looking after emotionally vulnerable parents
- Feeling unheard
- Forming new relationships in blended families
- Exposure to family and domestic violence
- Experiencing strong feelings of grief and loss.

Children who experience parental separation and divorce are generally quite resilient, but they are not invulnerable. The most significant factor affecting children's adjustment is parental conflict, but each child will respond to the stresses in their own way. In some children, this may result in behavioural or 'externalising' problems and in others this may result in emotional or 'internalising' problems.

Who is this for?

iKiDs (I Know, I Do) is a service specifically designed to support children and young people from pre-school to 18 years old, whose parents have separated. The focus is firmly on the issues affecting children and their relationships.

Benefits

Children are encouraged to share their experiences, to **know** more about what is happening in their family, and to **do** things that will assist them to develop confidence and adjust to their situation.

The iKiDs program also assists carers to gain insight into what they can do, to better focus on their children's needs and support children in their family situation.

What we do

Our support is offered through counselling, group therapy and education programs.

Counselling

Counselling is available for children whose parents have separated within the last 3 years. Counselling approaches are age-appropriate and one-on-one counselling is offered to children and young people between the ages of 5 and 18 years. Counselling can be offered through referrals or by client asking for an appointment. Young people over 14 years of age do not need parental consent.

Group therapy

Group therapy sessions are age appropriate. We offer a safe place for children and young people to talk about their experiences. Group therapy is particularly encouraged for children who have experienced high parental conflict

Education programs

We aim to build partnerships with schools in the program catchment area by providing education, information and referral pathways that can assist schools and/or students with the issues surrounding parental separation



"Over 50,000 children are affected by parental separation each year"

'Parental separation is common; but childhood distress after separation shouldn't be. iKiDs can help'