



# Children and Family Counselling

Strengthen your relationship, address challenging behaviours and improve family connections. Children and Family Counselling supports the mental health of infants, children and their families.

- Feeling stressed and worried about your child or family?
- Is it hard to know what your child is feeling?
- Are you struggling to support your child to cope with challenges and big feelings?
- Do you want support to manage problem behaviour?
- Are you the kind of parent you want to be?

Children and Family Counselling can help improve individual wellbeing by supporting your child's mental health and your family relationships.

Suitable for families with infants and children up to 12 years old.

This service will provide counselling and mental health support for your children and you. If needed, the service may also include non-immediate family members and other significant caregivers.

## Location

### South (Marion)

Suite 500a Westfield Marion Shopping Centre  
297 Diagonal Road, Oaklands Park SA 5046

Phone: 08 8377 5400

Email: [rasas@rasa.org.au](mailto:rasas@rasa.org.au)

Select outreach locations with our community partners are available through request.  
Please ask when enquiring.