



Child and Parent Counselling

Counselling for children and teenagers, and their parents and carers, to strengthen relationships and wellbeing.

How counselling can help

Counselling provides a safe and supportive space for you and your child/children to understand your situation, explore options, and make positive changes.

We support you to develop practical, meaningful solutions that are informed by the strengths, wisdom and knowledge of your family members. We take a whole-of-family approach, and have experience working across all life stages.

What it can help with

We can support you with a range of topics, including:

- navigating parent separation and divorce
- communication
- grief and loss
- life changes
- managing stress
- managing emotions, such as anger
- family transitions such as forming a new family / step-family.

Who it is for

This service supports children aged 4 to 18 years, and their parents and carers. Counselling is provided in age-appropriate ways, such as through the use of play-based interventions for younger children.



[My counsellor's] expertise and compassionate approach have been instrumental in helping me navigate complex family matters.

– Counselling client



Our counsellors

Our counsellors are qualified, professional, supportive and non-judgemental. We will work to match you and your child/children with a counsellor who is best placed to help you with the issues or challenges you're experiencing.

Sessions and fees

We aim to make our services as affordable as possible, with fees based on your income. We will discuss applicable fees when you contact us.

There is high demand for our counselling services. To ensure fair and equitable access for all clients, a limit of up to 20 sessions will usually apply.

Appointments

We provide counselling in person at our Kew Centre. In some circumstances, we can offer telephone and video appointments.

Find out more

For more information and answers to frequently asked questions, visit rav.org.au/child-parent-counselling or scan the QR code.



Get started

To learn more or book an appointment, contact our Kew Centre.

Phone: (03) 9261 8700

Email: kew@rav.org.au

About us

Informed by more than 75 years' experience, we provide a diverse range of family and relationship services to support individuals, couples and families — including children and young people — across Victoria.

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We acknowledge First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia and support their right to self-determination and culturally safe services.



We're committed to providing safe, inclusive and accessible services for all people.

