



My Family & Me

A free, 4-week group program supporting children aged 8–11 with the challenges of family separation.

How this program can help

This 4-session program supports children to:

- understand and express feelings related to family separation
- build emotional regulation and coping strategies
- connect with other children going through similar experiences
- reduce feelings of isolation and worry
- strengthen confidence and self-awareness
- learn practical tools to manage change and uncertainty
- develop resilience for ongoing wellbeing.

Who can attend

Children aged 8–11 years who are experiencing family separation or divorce.

Parents will not be in the room during group sessions.

Please note: Consent for the child to join the group is required from both parents (some narrow exceptions may apply).

Group details

- Length:** 4 x weekly 1.5-hour sessions in 2026.
- Dates:** November 12, 19, 26 and December 3.
- Time:** 5–6:30pm on Thursdays.
Please arrive at 4:50pm.
- Location:** Relationships Australia Victoria
46 Princess Street, Kew 3101

Cost

Free of charge. It's important to register.

Register your interest

- Visit rav.org.au/my-family-and-me or scan the QR code
- Phone (03) 9261 8700
- Email cmh@rav.org.au



To read about our commitment to children's and young people's safety, visit rav.org.au/child-safety

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