

### Our Vision:

Building Strong, Healthy & Respectful Relationships.



### Our Purpose:

To provide counselling and group work to assist individuals, couples and families achieve their goals for strong, healthy and respectful relationships.



### Contact Us

Families in Focus provide services across the Adelaide metropolitan region. We have offices based in both Hindmarsh and Christies Beach.

To make an appointment or enquiry please contact us at;

Hindmarsh: 8301 4200

Christies Beach: 8186 8900

[www.anglicaresa.com.au](http://www.anglicaresa.com.au)

[www.facebook.com/AnglicareSA](https://www.facebook.com/AnglicareSA)

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# Families in Focus

Strengthening & enhancing relationships



## What is families in focus?

The Families in Focus team provide a range of services for couples, families and individuals with the aim of strengthening and enhancing relationships.

We acknowledge that the modern pace of life, technology and the work/life balance can affect the way we manage our relationships with the important people in our lives.

Opportunities to connect, communicate and resolve conflict are becoming scarcer. This can sometimes lead to feelings of isolation, disconnection, increased conflict and miscommunication within our relationships.

That's why at Families in Focus we believe in supporting both individuals and families through these challenging times by providing support to help you make sense of your experience and bring about positive change.

Services are provided by experienced and qualified staff.



## What do we do?

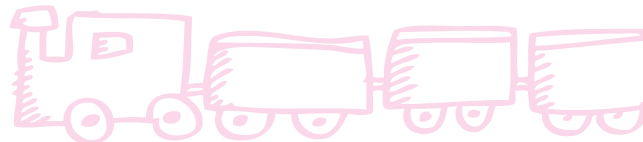
We offer counselling services for individuals, couples and families.

Including;

- Marriage and relationships
- Pre-marriage/commitment counselling
- Parenting counselling
- Child and adolescent counselling
- Individual counselling
- Anxiety and Depression
- Domestic and Family Violence

We also offer family relationship and personal development courses at different times of the year including;

- Relationship Groups (e.g. Gourmet Relationships)
- Personal Wellbeing Groups (e.g. Be Kind & Unwind)
- Parenting Groups (e.g. Managing Children's Behaviour)
- Tree of Life
- Women Support Groups
- Mens Behaviour Change Groups
- Fatherhood Groups (e.g. The Dad Factor)



## Is there a fee?

Families in Focus is funded by the Australian Government of Social Services. The first session is free and subsequent sessions have a set fee. Reduced fees can be offered to people on a health care card or experiencing financial hardship.

