

I need support navigating life after separation

Counselling After Separation Hobart, Launceston & Devonport

Separation can bring big changes and emotions that are hard to manage alone. Our Counselling After Separation Program gives you a safe and confidential space to talk about what you are going through. The program is available whether you are navigating separation as an individual or attending as a couple to work out what separation may mean for you and your family.

Our counsellors help you make sense of your feelings, adjust to changes within your family and find ways to communicate or co-parent more effectively.

I need to help my child cope with our separation

Supporting Children After Separation Hobart

Family changes can be confusing and upsetting for children and young people. Our Supporting Children After Separation Program helps children and young people aged 5 to 17 to cope with family separation, particularly when things feel confusing, upsetting, or uncertain at home.

Our counsellors help children and young people to talk about their feelings, understand what is happening, build confidence and resilience, and stay connected to the family members and adults who support and care for them.

Our Locations

Hobart

20 Clare Street
New Town
Tas 7008

Devonport

68 North Fenton Street
Devonport
Tas 7310

Launceston

6 Paterson Street
Launceston
Tas 7250

Not near a centre?

Most services are available via phone or video and some are available via outreach.

Call our friendly team to make a booking.

 1300 364 277

For interstate callers please use:

 (03) 6279 5000

 tas.relationships.org.au

Independent / Inclusive / Non-Religious / Confidential



Separation support

Together we'll find a way



Relationships
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I need a safe space to talk

Counselling

Hobart, Launceston & Devonport

Life can throw us challenges that are hard to face alone. Our counselling program offers a safe and confidential place to be heard and supported through experiences such as grief, anxiety, family changes, conflict or loss.

Our counsellors work with you to make sense of your feelings and experiences. We support you in exploring what is weighing on you, help you find strategies that bring relief and guide you towards healing and greater wellbeing.

I need support with family visits

Children's Contact Service

Hobart & Launceston

Spending time with both parents after a separation can be hard. Our Children's Contact Service provides a safe, neutral place for children to spend time with their parents after separation.

We help separated families with changeovers between parents, supervised visits and supporting the rebuilding of relationships between parents and children.



I need support to reach agreements that work for everyone

Mediation (Family Dispute Resolution)

Hobart, Launceston & Devonport

Mediation services help families, couples, and individuals manage conflict and communicate better. We provide a safe, neutral space where everyone can be heard and work towards agreements that suit everyone involved.

We offer different types of mediation, including family mediation, elder mediation, property mediation and child inclusive mediation. Our practitioners guide conversations with care and understanding, helping people resolve conflicts safely and respectfully.

I need support building a positive co-parenting relationship

Parenting Separately Program

Hobart & Launceston

Parenting after separation can feel challenging, especially when there is conflict. Our Parenting Separately Program helps you strengthen communication, manage disagreements more effectively and keep your children's needs at the centre of decisions.

You will learn practical strategies to handle conflict, support your children through change and build a more positive co-parenting relationship.



These programs are funded by:

- Australian Government, Attorney-General's Department
- The Australian Government, Department of Social Services
- Family Relationship Centre



Australian Government