

Building Stronger Relationships

Relationship support and enrichment
subsidy for couples

Relationships Australia®

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We go through life trying our best to juggle all the moving parts - our careers, homes, social and children's activities, families, health and fitness. As a result, sometimes we forget to take care of our most important asset; our relationships.

It is important to stop and take stock every now and then to think about your key relationship - the one you share with your partner.

- How is your communication at the moment?
- Do you share the same vision for your future?
- Do you enjoy high levels of intimacy?
- Do you think the stresses of life and family are taking their toll on your relationship?

At any stage of your relationship, especially crucial life transition points such as moving in together, getting married and the birth of children, it is important to ensure you and your partner have the right tools to navigate your shared lives in a communicative, respectful and caring manner.

Relationships Australia has been working with couples for more than 60 years, helping them to enrich their relationships and develop great relationship skills in a supportive environment.

From 1 July 2014, the Australian Government is investing \$20 million in the *Stronger Relationships* trial. The trial runs for 12 months and provides up to 100,000 couples with a \$200 subsidy for relationship education and counselling tailored to individual needs, helping couples to build strong, enduring relationships.

To register for the trial, visit www.dss.gov.au/strongerrelationships. All eligible couples will receive a subsidy reference number. You will need to provide this reference number to Relationships Australia prior to your first appointment. To make an appointment with Relationships Australia call 1300 364 277 to discuss what relationship support would best suit your needs.

Some of the more common relationship issues we can assist with are:

- pre-commitment and developing a shared view of your future together
- communication enrichment
- becoming parents
- the effect of family life on relationships
- the challenge of raising children of various ages
- the development of tools to keep your intimate relationship healthy