



# Support for couples and families

## Family and relationship counselling

Meli provides family and relationship counselling to individuals, couples and children. Our counsellors are compassionate, experienced and fully qualified.

In your counselling sessions, we will help you explore, understand, and possibly change aspects of your life and relationships. The aim of the program is to promote positive change, assist in problem solving and reduce stress.

Counselling can be helpful to:

- address communication issues
- deal with difference and conflict
- assist with concerns about family relationships
- improve child-parent relationships
- cope with separation and loss
- overcome trauma and related challenges
- improve self-confidence.

We also offer parenting programs to learn about how you can support children after separation.

If you're experiencing challenges with your ex-partner to manage contact with your children, you might consider Meli's supervised contact services.

## Tenancy support

Meli helps people who are having trouble with their housing arrangements. We have free programs for anyone who may be experiencing homelessness or may be at risk of becoming homeless.

If you live in public or community housing and are having difficulties, we will work with you to:

- maintain your tenancy wherever possible
- make sure it's a safe place for you
- address any issues that contributed to you experiencing homelessness.

Our housing programs include:

- Tenancy Plus
- Support for Families at Risk of Homelessness
- Support for ongoing private rental tenancy issues.