



# Family Reconciliation

**Are you dealing with difficult relationships?**

**Do you find there's constant conflict with family?**

**Are you homeless or at risk of homelessness?**

**It's okay – We're here to help you**

We understand how important it is to have strong, supportive relationships. Sometimes, these relationships take a bit of extra work – we get it.

Our Family Reconciliation Program helps young members of the community to strengthen and improve their relationships with others. Our mission is to connect with you, listen to you and ensure you feel supported. Our team will help you:

- Explore strategies to strengthen your relationships
- Improve and develop communication skills
- Create a deeper understanding of yourself and your relationships

**How does it work?**

Our program is completely free to access! Our friendly team will meet you in a place where you're most comfortable, or we can chat through phone or video calls. Sessions can be run one-on-one or in a group – it's your choice.

## Is this support only for families?

Not at all. We are here to support you with any relationships that are important to you. These can include family, chosen family, friends, partners, housemates and even your personal relationship with yourself!

## Who is eligible?

Family Reconciliation is available to young people (aged 16-25) and their families. Who have links to Melbourne's Southern Region.

# Meet the Team



### Carmen Wilson



Carmen is a registered counsellor with the Australian Counselling Association (ACA). She has both a Master of Counselling and a Bachelor of Arts in Psychology.

Carmen understands the importance of engaging with young people in a safe space, building trust in order to work towards creating positive change and increasing ones understanding of themselves. She acknowledges that counselling can be daunting at times, and does her best to ensure it is a comfortable experience by using a flexible approach and respecting boundaries and goals.



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