

Free Online Learning

In addition to our Parenting Separately Program, we offer free online learning modules that you may find useful.

Scan the QR code below to access:

- Co-parenting Communication Essentials
- Family & Relationships Services Quick Tips



Our Locations

HOBART

20 Clare Street

New Town, Tas 7008

LAUNCESTON

6 Paterson Street


Launceston, TAS 7250

DEVONPORT

68 North Fenton Street

Devonport, TAS 7310

Contact Us

 1300 364 277

 tas.relationships.org.au



Relationships Australia Tasmania acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work.



Our services are for everyone, regardless of sexual orientation, gender identity or intersex status.

Parenting Separately Program



Relationships
AUSTRALIA · TAS

About

The Parenting Separately Program is a free service that provides practical co-parenting strategies tailored to your situation, helping you better support your child and co-parenting arrangement. The program is available to separated parents, as well as grandparents and carers.

We welcome referrals from individuals, community or government agencies, lawyers or court officials.

This service is funded by the Australian Government Department of Social Services.

Confidentiality

Parenting Separately Program is confidential. Practitioners work with each parent separately and ex-partners do not attend workshops together.

All information is kept securely and in accordance with our policies, processes and privacy legislation.

How is the program delivered?

We offer flexible appointment options such as face-to-face, online, or by phone.

The program is tailored to your needs through:

- Counselling and support
- Individual sessions
- Educational workshops

Additional support includes facilitated discussions, case management, referrals to other services, and family-based therapy upon request.

Educational workshops cover:

- Understanding children's needs and development
- Effective communication and conflict resolution
- Practical strategies for co-parenting challenges

For more information or to book a place in the program, call 1300 364 277

Other Services Offered

We offer several other services to support you and your family, including:

- Grief and Loss Support
- Relationship Counselling
- Family Relationship Centre
- Family Dispute Resolution
- Children's Contact Service
- Counselling Support for Children After Separation

More information can be found at tas.relationships.org.au

