



## Our Services Include:

### Counselling

- Relationship Counselling
- Gambling Help
- Rainbow Service (LGBT)
- Victims of Crime Support Service
- Aftercare Resource Centre
- Men and Family Relationships

### Separation

- Supporting Children after Separation
- Family Dispute Resolution
- Children's Contact Service
- Parenting Orders Program
- Family Relationships Centre

### Support

- Referral for Active Intervention
- Community Support Service
- Family Support Service

### Education

- Courses
- Community Education
- Professional Training & Development

Not all services are available at all venues.  
For more information about these services call  
1300 364 277.

## About Us

At Relationships Australia, we see first hand how important healthy relationships are for the wellbeing of individuals, children, families and communities.

We are committed to social justice and inclusion. We respect the rights of everyone to live with dignity and safety and to enjoy healthy relationships. The services we offer reflect this commitment.

We are a community-based, non-profit organisation that has no religious affiliation. At Relationships Australia we work with you to build a better future: for you, your children, your families and your community.

To make an appointment or  
for more information  
please contact us on:

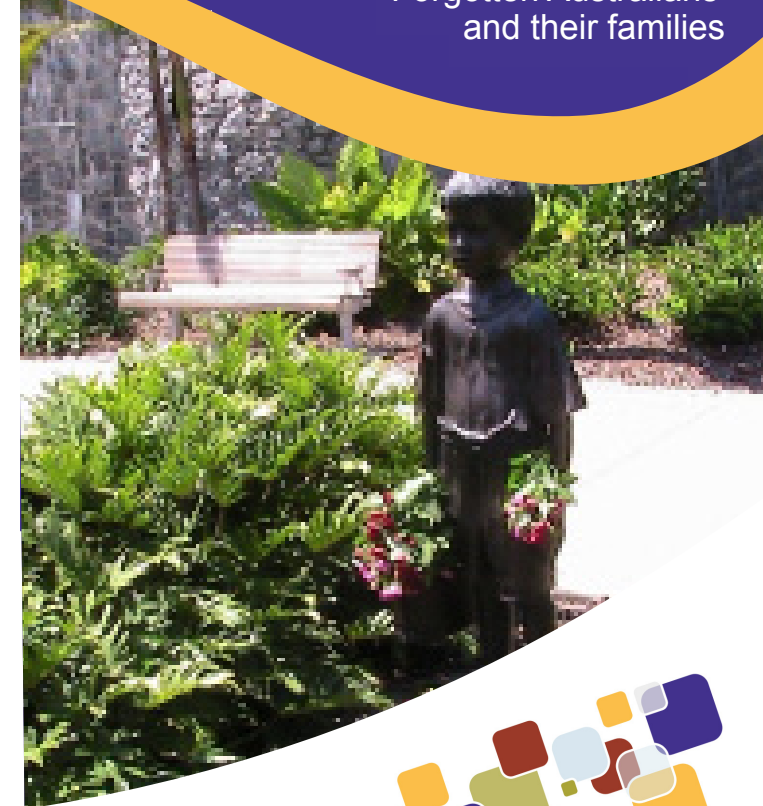
**1800 501 560**  
**[www.raq.org.au](http://www.raq.org.au)**

This service receives funding from the  
Queensland Government  
Department of Communities



## Aftercare Resource Centre

Providing free counselling, support and practical assistance to former children in care, 'Forgotten Australians' and their families



## What is The Aftercare Resource Centre?

The Aftercare Resource Centre is a free specialist service working ONLY with the former resident community. We understand how your childhood experiences may be impacting upon you now.

The Forde Inquiry Report into Abuse of Children in Queensland Institutions recommended the establishment of a service to support the needs of former children in care. Relationships Australia (QLD) provides this service at ARC (the Aftercare Resource Centre) with funding from the Queensland Department of Communities.

## Who is the service for?

The ARC service is for individuals aged over 25 who spent time, as a child, in Queensland church or state run institutions. These include; orphanages, detention centres, group homes and foster care.

## What is Involved?

Many former children in care share feelings of sadness, rejection and shame about the past. Many struggle to understand who they are and where they belong, and have difficulty trusting and relating to others.

It can take time to recover from a painful experience. Life can look bleak and you may find it hard to imagine your life could be better. However, professional assistance may help improve your quality of life.

The service involves sitting and talking with a counsellor about any difficulties that you are experiencing or any support you may require. You do not need a referral. Simply call 1800 501 560 (free call) to make an appointment.

## The Benefits of The Aftercare Resource Centre

- Counselling and support for survivors and their families, working to help you address relationship issues, parenting concerns, grief and loss and helping you to 'put the pieces back together' in terms of who you are and where you come from.
- Brokered, telephone and face to face counselling available.
- Financial assistance with:
  - Medical / Psychological reports
  - Personal development programs
  - Records searches (eg. Birth Certificates)
  - Family reunion costs
  - Victim Impact Statements
- Opportunities for being involved with support groups & other community resources that may be of assistance.
- Support for visiting childhood homes and institutions.

