



“ Our therapists work with family members to build more positive family relationships ”



**For more information:**

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We believe children, young people and families should be safe, thriving and hopeful.

**Central Office**

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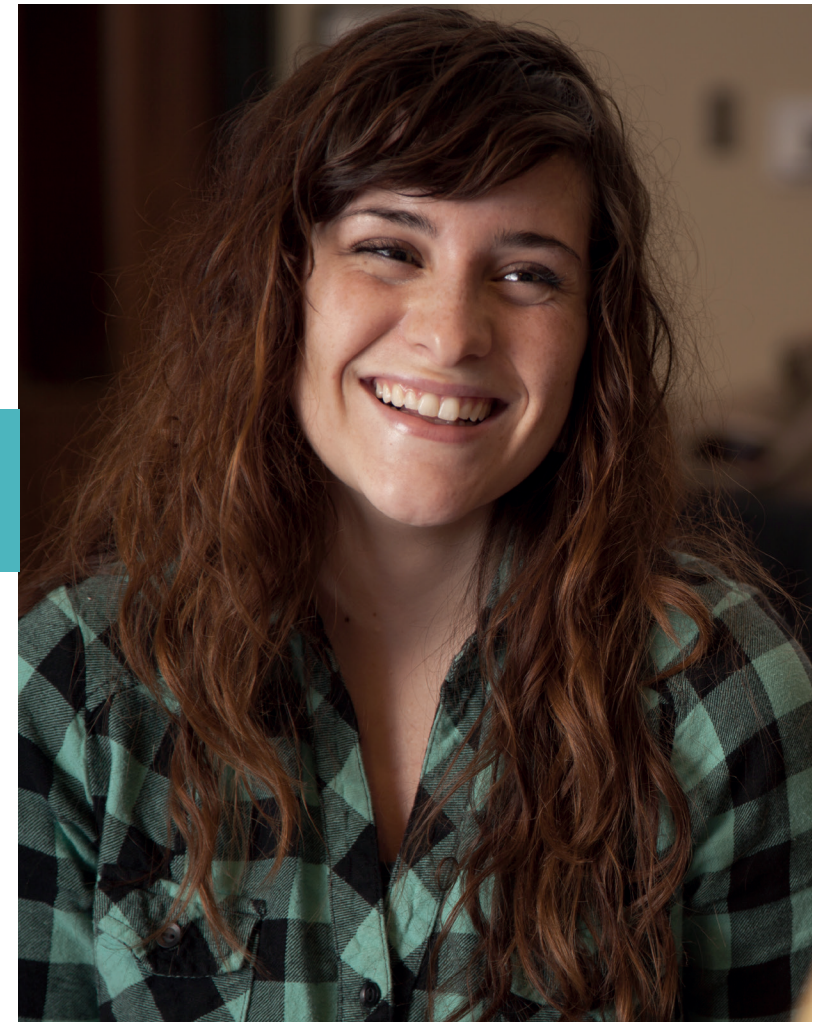
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To protect the identity of our clients, we use images of models and volunteers. Please dispose of this flyer responsibly.

**Family Therapy (MATTERS)**



Northern Region

## About MATTERS

Matters is a free family therapy program that supports families who live in Melbourne's North East region. The program works with a diverse range of families who are experiencing challenges with family functioning and connection.

Our family therapists work with the 'whole of family', which allows various family members to attend sessions. This approach gives each family member the opportunity to express their thoughts or feelings, not only about the problem, but also possible solutions.

The program aims to help families:

- strengthen the connection between older children or adolescents and their family
- increase parenting confidence, capacity and skills
- experience less stress, conflict and harmful behaviours
- have more positive family relationships.

**“ I know there will still be challenges, but I feel more confident we can work through problems together. ”**

- Parent

**“ I initially didn't want to do counselling but it was better than what I expected. I felt listened to by my parents. ”**

- Young Person

## Eligibility

Families are encouraged to contact the team to discuss their needs and whether the program is suitable.

You may be eligible for the program if you:

- live in the local government areas of Darebin, Whittlesea, Nillumbik and Banyule
- have a young person aged 10 to 20 years old.

## TARA: Teenage Aggression Responding Assertively

TARA is a parent focused workshop that provides information, support and strategies for parents to manage their adolescent's challenging and aggressive behaviour.

Our Matters family therapists run the workshop.

TARA can help parents to feel:

- less alone
- more hopeful
- better equipped to respond to challenging behaviours in a way that promotes safety, trust and connection for all family members.

