

What can Families in Transition do to help?

Families in Transition (FIT) is a voluntary service supporting the emotional well-being of children and adults who are experiencing significant change brought on by separation/divorce.



We collaborate closely with families to ensure the best service options are recommended for their child/children or themselves.



We appreciate that each situation is unique, and our services are tailored to meet the specific needs of the individuals involved.



We offer educational workshops for parents and, short-term counselling to parents and children individually. The duration of counseling varies based on individual needs and goals.



Families in Transition streamlines access to services for families through our intake department, simplifying the process.



Our small team consists of professionally qualified counsellors who actively engage with parents and children to plan, develop, and review their therapeutic goals.



Our team operates within a multi-disciplinary and integrated framework, ensuring a comprehensive and holistic approach to addressing the needs of children, youth, and adults whose families are experiencing the effects of separation and divorce.