

Compulsory Dispute Resolution

The Family Law Act states that a court will not be able to hear an application for an order concerning children unless you have attended mediation or the matter falls within an exception, including cases involving family violence or child abuse.

Are there any fees?

We provide information, referral, some groups, individual sessions and the first hour of your joint session free of charge. Fees may be applicable thereafter.

The Family Advisor, Reception and FDR practitioners will speak with you about the fees when you first contact us.

Contact Us

For any enquiries or to make an appointment in Canberra, Cooma or Goulburn please call:

Phone: **02 6122 7190**

Email: enquiries@racr.relationships.org.au

Website: www.racr.relationships.org.au

The Canberra, Cooma and Goulburn Family Relationship Centres are managed by Relationships Australia Canberra & Region (RACR).

RACR is an independent not-for-profit organisation that has been supporting people for over 50 years. Our programs and services include counselling for individuals, couples, children and families, family dispute resolution, relationship skills courses and workplace services. Our services are for everyone, regardless of religious belief, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

Mediation at the Family Relationship Centre



The Canberra, Cooma and Goulburn Family Relationship Centres are designed to help separating families agree on arrangements for their children; assist families through separation, and maintain focus on the best interests of the children.

Family Dispute Resolution

Family Dispute Resolution (FDR) is a mediation service that helps separated couples and other family members affected by separation and divorce to resolve their disputes.

With the assistance of an FDR practitioner, parties identify the relevant issues in dispute and investigate options with a view to negotiating a mutually agreed outcome.

FDR is a confidential process, it depends on the willingness of both parties to negotiate and compromise. FDR practitioners are impartial, child focused and future focused. Their role is to check that parties have all the necessary information to make an informed decision and to ensure that any agreement is freely given.

Why try FDR?

- FDR allows you to determine and negotiate an outcome that best suits your family's circumstances.
- FDR helps reduce parental and family conflict and the potential harm it has on children.
- FDR helps you develop and agree on techniques to deal more effectively with future disputes.
- FDR offers an inexpensive means of achieving a settlement and avoids long and costly litigation.

Parenting Plans

The family law system encourages separating parents to make care arrangements for their children without going to court. Parenting agreements reached in mediation can be documented in the form of a parenting plan.

A Parenting Plan is a voluntary agreement that covers the day to day responsibilities of each parent, the practical considerations of a child's daily life, as well as how parents will agree and consult on important issues about their children.

The Parenting Plan has to be signed and dated by both parents. It can be changed at any time as long as both parents agree.



Property Mediation

We can also assist you by providing property mediation to negotiate your financial arrangements.



Child Informed Practice

Child informed practice (CIP) brings the child's views, perspectives and issues relating to his or her welfare into the dispute resolution process.

Under our CIP model, trained child consultants conduct interviews with children. These interviews give children an opportunity to talk about their experience of family separation.

The FDR practitioner and the child consultant assist the parents to establish an effective.

FDR Practitioners

FDR practitioners are registered and accredited with the Attorney General's Department to issue section 60I certificates under the Family Law Act(s60I).