

Wednesday, 5 July 2017

## Interrelate strengthens Aboriginal families in crisis

Through its Aboriginal Building Connections program, relationship experts Interrelate work to improve emotional and developmental outcomes for indigenous kids in separated families.

Interrelate recognises that different cultures have varied ways of dealing with challenging situations, which was the driving force behind Aboriginal Building Connections, a program designed specifically for indigenous communities and taught by Aboriginal Torres Strait Islander workers who are skilled in this field.

Now, with its ever-expanding portfolio of services, Interrelate is offering to train facilitators across Australia to deliver the program.

Across a three-hour session, separated parents will learn:

- the importance of looking after themselves
- the impact that family breakdown and conflict has on kids
- useful tips and strategies to become a more effective parent
- ways to communicate with the other parent
- to set goals for future parenting

Participants also gain awareness about the importance of adopting healthy parenting behaviours, and are shown tools and strategies that will give them the skills and confidence to make clear, informed decisions.

Stuart McMinn, Interrelate's Aboriginal RAP Coordinator, notes the importance of such a program.

"Hearing from like-minded people in a culturally appropriate setting is vital to a person's development. In Aboriginal Building Connections, we consider the important roles played by kinship groups and community in the lives of many Aboriginal kids and families."

To do his part for NAIDOC Week 2017, which is currently running with the theme 'Our Languages Matter', McMinn put together an article on the history and intricacies of Aboriginal languages. We encourage you to [read it here](#) – it's very

culturally enlightening.

To find your nearest Aboriginal Building Connections program, visit [www.interrelate.org.au](http://www.interrelate.org.au) or call 1300 473 528.

## Register your interest

If, like Interrelate, you are determined to maintain the family bond in Aboriginal communities in cases of relationship breakdown and would like to find out about being trained to run Aboriginal Building Connections, contact:

Matthew Stubbs

Head of Research & Service Development at Interrelate

02 4016 0506

[matthews@interrelate.org.au](mailto:matthews@interrelate.org.au)

### About Interrelate

Interrelate has been a not-for-profit provider of relationship services to individuals, couples, families, children, schools and communities for more than 90 years. Each year, Interrelate helps more than 90,000 people strengthen their relationships. If you need support or would like more information about Interrelate's programs, contact us on 1300 i relate (1300 473 528) or visit [www.interrelate.org.au](http://www.interrelate.org.au).

### Media contact

Media & Communications Officer

02 8882 7860

[marketing@interrelate.org.au](mailto:marketing@interrelate.org.au)