

Other Lifeline WA Services

Crisis Telephone Counselling

24 hours a day 7 days a week state-wide for the cost of a local call. Need to talk? We'll listen.

Lifeline Education Services

Applied Suicide Intervention Skills Training (ASIST)

Counselling The Bereaved

ASIST Tune-up

SafeTALK

SuicideTALK

Working Effectively

Volunteering Opportunities

Opportunities for skilled, reliable, ongoing volunteers in areas of administration, human resources, retail and warehouse and telephone counselors.

Op Shop Treasures

255 Railway Avenue, Kelmscott 6111

Phone: 9399 3658



Dads@Lifeline 9261 4444

Lifeline WA Head Office

Postal Address:

GPO Box K765, Perth WA 6842

Street Address:

57 Murray Street, Perth WA 6000

T: (08) 9261 4444

F: (08) 9421 1247

E:lifeline@lifelinewa.org.au

W:www.lifelinewa.org.au

ABN: 43 517 756 699

Op Shop Treasures - Kelmscott T: (08) 9399 3658

Op Shop Treasures - Pick ups T: (08) 9399 6257

Donations can be made by calling

1300 855 556 or on-line at

www.lifelinewa.org.au

Lifeline WA values your privacy and is bound by the National Privacy Principles in our handling of personal information.

Dads@Lifeline supporting dads and kids after separation or bereavement



connect with someone who cares



connect with someone who cares

Being a separated Dad

Being a dad these days is not easy and being a dad after separation can be particularly hard. Not only do you have to cope with the shock and adjust to the separation but you're also hit with all kinds of changes in your relationship with your kids.

- You might not be able to see your kids.
- You may find that you're seen as the bad guy.
- You might have moved out (thinking you were doing the right thing) only to find that you're now locked out.
- Suddenly your world is turned upside down.

What do you do? The first few weeks and months are crucial – for you, for your kids and for what might follow legally. We recommend that you get professional support and paralegal information early in the separation.

Dads@Lifeline uniquely provides information and support under one roof.

Separation is often a stressful experience but you don't have to soldier on alone. In fact, going it alone can lead to extra problems further down the track that could have been avoided with the right help at the right time.

Dads@Lifeline can help you get your bearings and clarify what you need to do next. We can assist you with referral for formal legal advice or representation.

What can Dads@Lifeline offer?

- Counselling and support for dads and kids after separation or bereavement
- Family Law paralegal information and assistance (not legal advice)
- Child Support information and assistance
- Short courses and groups, eg "Preparing Yourself for Negotiating or Mediation"
- Newsletters and publications eg. about family law and child support.

Being a bereaved Dad or Child

Being a dad after the death of your partner adds difficulties to your life. Losing a child or sibling devastates families. There is grieving and adjustment to the loss. There are relationship changes to cope with. There is yourself to care for. Dads@Lifeline provides counseling for dads and kids after loss.

Meet the Dads@Lifeline team



Richard Wolterman (BA, Psych)
Manager of Dads@Lifeline. Richard has been counselling for over twenty years, specialising in men's services, family violence programs and family law.



Stephanie Leach (M Soc Sci, Counselling) Counsellor - specialising in understanding relationship breakdown and the emotional and relationship needs of children after separation and loss.



Neill Hahn (B Couns, B Applied Psych)
Counsellor - has been working with Dads@Lifeline on and off for the past two years after making a mid-life change from electronics to counselling.



Sue Anderson - Client Services Coordinator; - makes client appointments and coordinates the administrative side of the service.



Heather Sharpe - Client Services Assistant; job shares with Sue, looking after client appointments and other administrative duties.

Who is Dads@Lifeline for?

Dads@Lifeline is for separated and bereaved dads and their kids:

- Contact dads, Residential dads and Shared Parenting dads
- Separated dads who want to consolidate or change their arrangements, establish or re-establish contact with their children
- Separated dads who want to be a better father to their children
- Dads and their kids where mum/wife has died

Dads@Lifeline assists approximately 300 dads each year plus their children.

What does it cost?

Dads@Lifeline charges fees on a sliding scale to supplement our government funding so that we can help as many dads as possible. Feel free to call us and ask what your fee would be.

How long does it take?

Counselling and paralegal appointments are generally one hour long and usually either weekly or fortnightly. You can discuss in advance how many sessions you are likely to need, what is involved and the likely cost.

When can I get an appointment?

Appointments are usually available within a few days. However, as all of our staff are part-time there can sometimes be a delay in getting an appointment.

TO MAKE AN APPOINTMENT

Call 9261 4444

Ask for Sue or Heather