



# Walking Together Program

**The Walking Together program provides therapeutic counselling and support to young people and their families/carers.**

The program works with young people and their families to address violence in the home including factors that may be contributing to or are the result of violence. We work therapeutically with the young person and their families to support healthy expression of emotions and engage in respectful and connective relationships.

Safety and ongoing risk assessment are a priority and safety planning is collaboratively undertaken with the young person and the family to increase safety in the home.

We welcome all people and families, including those from Aboriginal and Torres Strait Islander communities, culturally and linguistically diverse communities, LGBTQ+ communities and people with disabilities.

Call us  
**03 8792 8999**

Email  
**[ptr.south@vt.uniting.org](mailto:ptr.south@vt.uniting.org)**

[unitingvictas.org.au](http://unitingvictas.org.au)

## We Provide

- ~ Individual, parent and family counselling that incorporates a comprehensive safety and well-being assessment, development of a care plan, therapeutic assessment and support and referral to external services.
- ~ A groupwork program that is tailored to the needs of the young person and focuses on emotion regulation, behaviour change and skills development in areas such as respectful communication, stress management and managing triggers to externalising behaviours.
- ~ Brokerage resources.
- ~ Care co-ordination to ensure a collaborative and systemic support for the young person and their family.

**each**



**Uniting**

## Eligibility

This program operates within the areas of Dandenong, Casey and Cardinia and supports young people aged 12-17 years old and their families/carers, where:

~ The young person is at risk of engaging in behaviours that leave them and their family feeling unsafe.

~ There is a risk that the young person's use of violence will lead to family breakdown, homelessness, disengagement from community and education, youth justice involvement and/or mental health vulnerability.

## Therapeutic Approach

Our therapeutic services are provided in safe, supportive and confidential environments, that aim to be:

- ~ Safety Focused
- ~ Developmentally informed
- ~ Client Centred
- ~ Trauma Informed
- ~ Family Inclusive
- ~ Culturally Safe

Location options include office based and community outreach.

The Walking Together program is a partnership between Uniting Vic.Tas, EACH and the Australian Childhood Foundation (ACF).

Funding for the Walking Together Program is provided by the Victorian Government.

