

# Healthy Relationships

## Support and programs

### About us

Western Sydney MRC is an organisation supporting individuals and communities to be socially connected, empowered and informed. We celebrate diversity and everyone is welcome here.



### About our services

At Western Sydney Migrant Resource Centre, we have a range of services that can help in strengthening your relationship across several areas:

#### Family

Our family support team can help you recentre your approach and guide you on a path to healthy and balanced relationship goals. From the nuclear family unit to the intergenerational home, every situation has a unique set of circumstances that require a balanced and supported approach.

#### Youth

Youth groups and activities are a great place to express and discover who we are and what is troubling us. Meeting new people and working with trained youth professionals can create a secure environment where children can feel free and open to discuss what is happening for them

#### Referral

There are several support services that have been created to help you in many areas of your wellbeing and life. Our team has access to an extensive network of service providers that can assist you in areas that relate to your current circumstance.

### Contact us

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