

HELPLINE 1300 368 821

## Grandparenting

Intergenerational relationships can have a positive impact on health and well-being. However, there are times when grandparents may face challenges in their role within a family. Here's some tips to try if you're worried about your relationship with your grandchildren:

- Discuss any concerns with the children's parents
- Access mediation or family counselling to help with relationships
- Talk to other grandparents or friends
- Stay in touch with the children directly by sending cards or keeping in touch online
- Consider speaking to a lawyer if you are being refused access to the children
- Report any concerns about safety to the police or confidentially to the Department of Family, Fairness and Housing (DFFH)

[services.dffh.vic.gov.au/child-protection-contacts](https://services.dffh.vic.gov.au/child-protection-contacts)



A COTA Victoria Program

Helpline 1300 368 821  
[seniorsrights.org.au](http://seniorsrights.org.au)  
10am–5pm, Monday–Friday.

*For more information, refer to  
the Seniors Rights Victoria flyers titled  
'It's ok to say no' and 'Family Agreements.'*

## **Useful contacts:**

Relationships Australia  
[relationships.org.au/](http://relationships.org.au/)

Speak to a lawyer  
[www.liv.asn.au/find-a-lawyer](http://www.liv.asn.au/find-a-lawyer)

Speak to a Seniors Rights Victoria  
1300 368 821

Grandparents Victoria  
A statewide not for profit organisation for  
grandparents  
[grandparents.com.au/](http://grandparents.com.au/)  
03 9372 2422

Federation of Community Legal Centres  
The Federation is the peak body for  
Victoria's Community Legal Centres and  
Aboriginal Legal Services. To find your local  
Community Legal Centre visit [www.fclc.org.au](http://www.fclc.org.au)  
and click "Find a CLC" or call 1300 792  
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