### making contact

For more information or to make an appointment, please contact Centrecare on one of the telephone numbers below. Day and evening appointments are available.

(08) 9325 6644
(08) 9451 1100
(08) 9083 2600
(08) 9498 9200
(08) 9300 7300
(08) 9080 0333
(08) 9436 0600
(08) 9440 0400



CENTRECARE "People Making Time for People"

### about Centrecare

Centrecare is a Catholic not-for-profit organisation which aims to strengthen people and communities through the provision of professional social services, inspired by compassion and recognition for human dignity.

### Perth

456 Hay Street, Perth WA 6000 (08) 9325 6644 enquiries@centrecare.com.au

**Bunbury** 103 Clarke Street, Bunbury WA 6230 (08) 9721 5177 bunbury@centrecare.com.au

### Cannington

22 Pattie Street, Cannington WA 6107 (08) 9451 1100 cannington@centrecare.com.au

### Djooraminda

45 Yelverton Drive, Midland WA 6056 (08) 9436 0600 djooraminda@centrecare.com.au

### **Esperance**

Suite 1 & 3 Radio House 8-10 William Street, Esperance WA 6450 (08) 9083 2600 esperance@centrecare.com.au

### Gosnells

2302-2308 Albany Highway Gosnells WA 6110 (08) 9498 9200 gosnells@centrecare.com.au

### Joondalup First Floor

85 Boas Avenue, Joondalup WA 6027 (08) 9300 7300 joondalup@centrecare.com.au

### Kalgoorlie

168 Egan Street, Kalgoorlie WA 6430 (08) 9080 0333 kalgoorlie@centrecare.com.au

#### Midland

45 Yelverton Drive, Midland WA 6056 (08) 9436 0600 midland@centrecare.com.au

#### Mirrabooka

12 Brewer Place, Mirrabooka WA 6061 (08) 9440 0400 mirrabooka@centrecare.com.au

### Victoria Square

23-27 Victoria Square, Perth WA 6000 (08) 9288 2233 victoriasquare@centrecare.com.au

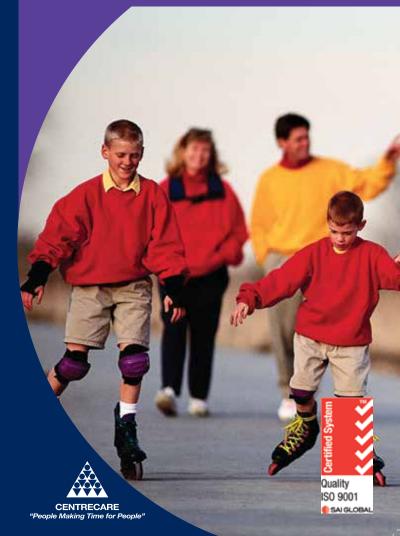


**CENTRECARE** www.centrecare.com.au ABN 98 651 609 161

# when

# healthy relationships and family life is important to you

a Centrecare service for people experiencing personal, relationship or family problems



Life challenges impact on all of us at some point in our lives. While many issues can be resolved with the support of friends and family, there are times when counselling can

be of great benefit. It can offer you the opportunity

to talk through issues, identify options and make decisions that are right for you.



### Some of these challenges can include:

- relationship changes;
- conflict;
- depression;
- low self-esteem and self-confidence;
- coming to terms with loss or grief;
- separation or considering separation;
- stepfamilies;
- experiencing a major change in your life;
- communication;
- gambling;
- life transitions;
- abuse issues;
- helping your children become more confident;
- understanding the developmental stages of children;
- drug and/or alcohol use;
- strengthen your relationships with your children; and/or
- sexuality issues.

# when...

## ...you want better relationships

Centrecare's Family and Relationship Services provide a range of support for individuals, couples and families.

### Individual, couple or family counselling

Counselling is a confidential way that individuals, couples and families can discuss any issues and concerns. Counsellors are trained to assist you with identifying options and making choices that are right for you.

### **Groups and Workshops**

Centrecare offers a variety of workshops such as:

- dealing with stress and learning self-care;
- effective parenting;
- building connections;
- · developing assertiveness and self confidence;
- anger and conflict management in families;
- self-esteem:
- meaningful communication in relationships;
- dealing with challenges and change;
  and
- assertion skills.

### How long is a counselling session?

Counselling sessions run for approximately 50 minutes

This service is funded by the Department of Social Services.

### **Culturally Appropriate Service**

Centrecare aims to provide a respectful and culturally sensitive service and interpreters are available on request.

### Crèche Facilities

Only available at the Perth office and bookings are essential.

### Is this service private and confidential?

Our services are confidential and all our staff are bound by our Commitment to Confidentiality and Oath or Affirmation of Secrecy, for Family and Child Counsellors. However, confidentiality will be waived where there may be a threat to an individual's safety or if a serious crime or threat against another person is disclosed.

Centrecare is committed to ensuring that your information is protected and managed in accordance with the Privacy Act 1988 which sets out the standards for the way in which personal information must be handled. If

you wish to access the information on your file, please ask the receptionist for the necessary form.

### Are the staff qualified?

All our staff interacting with clients are qualified for their job role. They receive ongoing professional development, supervision and meet the requirements of the Family Law Act.

### How do I provide feedback?

Centrecare prides itself on providing high quality services. Your comments assist us in maintaining or improving that level of quality and fully meeting the needs of our clients. Recording your feedback is one of the best ways to help us understand what we do well and where we can improve.

If you have a suggestion, compliment or complaint, please complete the Feedback form which is available at reception and place it in the Suggestions Box.

Alternatively, you may also wish to write or speak to the Manager at your branch.



The photographs used in this brochure are for illustrative purposes only; they do not imply any particular attitudes, behaviours, or actions on the part of any person who appears in the photographs.