

## about centrecare

Centrecare is a not-for-profit organisation delivering quality professional counselling, support, mediation and training services.

### Perth

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

### Mirrabooka

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

### Cannington

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

### Lockridge

36 Arbon Way, Lockridge WA 6054  
(08) 9378 2522  
reception@djooraminda.centrecare.com.au

### Joondalup

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

### Goldfields

7-9 Dugan Street, Kalgoorlie WA 6430  
(08) 9091 1833  
centrecare@goldfields.centrecare.com.au

### Southwest

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

### Esperance

Suite 1 & 3 Radio House  
8-10 William Street, Esperance WA 6450  
(08) 9071 1955  
centrecare@goldfields.centrecare.com.au



CENTRECARE

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



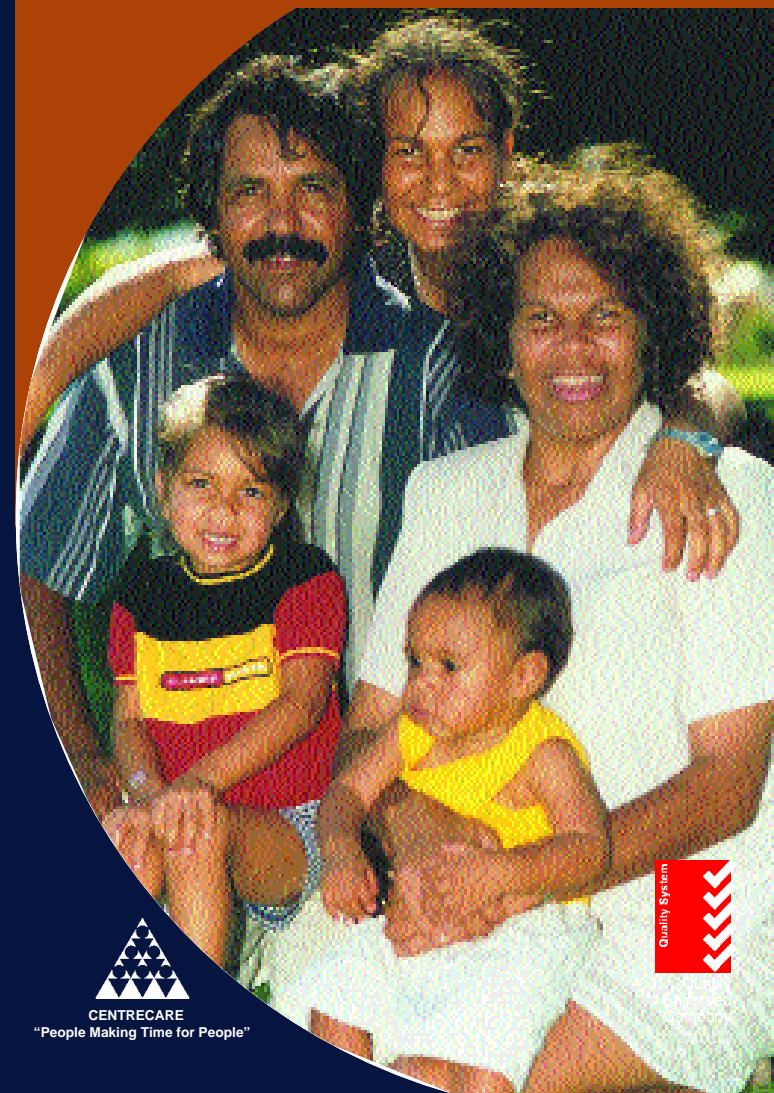
CENTRECARE

"People Making Time for People"

# when

## you would like to talk to one of your own people

Centrecare services for Indigenous people



Quality System  
Centrecare  
Community

### Indigenous and non-indigenous counsellors

Sometimes, no-one can understand things like one of your own people. Centrecare has counsellors from Aboriginal and non-Aboriginal backgrounds. You can choose which one will work best for you.

### Confidentiality

We know that things can be difficult or embarrassing to talk about, and that there are things that you wouldn't want other people to know. Unless there is real danger of you hurting yourself or another person, or a major crime is involved, we will keep your secrets and personal information safe.

### Other services

Other services are available as well. Centrecare can help with financial counselling if you are having trouble paying your bills. We help people who have just been released from prison find their way back into the community. We help people who are having a hard time keeping their Homeswest house. Ring up and ask if you need some help, and if we can't help, we will usually be able to tell you who can.

### Making contact

For more information or to make an appointment, telephone Centrecare on (08) 9091 1833. Day and evening appointments are available.

Services are available in:

Kalgoorlie/Boulder  
Coolgardie  
Kambalda  
Leonora

Laverton  
Menzies  
Norseman

# Centrecare services for indigenous people

Sometimes, life can be hard. A lot of different problems can affect Aboriginal people and their families. Sometimes counselling can help you work out what you want to do about it. All families have their problems.

Talking with someone who can listen to your story and ask good questions can help you see why you are confused and why nothing seems to be working.



## Like:

- Problems paying bills
- Trouble with your kids
- Marriage or relationship problems
- Bad things that have happened in the past
- Violence in your family
- Conflict between family members
- Problems with drinking or taking drugs
- Other addictions, like gambling
- Grief and sadness when someone close to you has died
- Problems with anger
- Trouble with Homeswest
- Or you might just want help in planning your life or working out what you want to do

**Centrecare (Goldfields) has a lot of different services that might be able to help you sort out a problem.**

### Counselling

Lots of people have found that counselling has helped them work through their problems and come out the other side. It can help you find out what the real problem is, and where to start if you are going to fix it.

Counselling sessions usually last for just under an hour. If the problem has been there for a while, it might take time to work out what is going on and what to do about it. You would usually need to come for at least three counselling sessions to sort something out. It might take longer for problems like alcohol or drug addiction, or family violence. People usually come once a week or once a fortnight until they feel like things are OK and they can carry on by themselves.

### Counselling services and youth activities

In the last couple of years, Centrecare has been very involved in youth activities, including camps, workshops, programs at the Millen Street Youth Centre, art programs and other activities. If you or a young person you know would get some help from activities like this, talk to the staff at Centrecare.



### Alcohol and other drugs

If you want help to control your use of alcohol or other drugs like cigarettes, dope (marijuana) and speed (amphetamines), we can help with that. We will give you good, honest information about the effects of these drugs on your body, and how to avoid the worst health problems. We can help you find the way out of a problem with drugs, smoking or drinking, whether that is stopping altogether or cutting back. Or we can help if it is someone else in your family who has the problem.

### Family violence counselling

Our counsellors have a lot of experience helping people with a problem of family violence or domestic violence. You might be someone who is being abused or beaten up by their partner or another family member. Or you might be worried about your own violence against your partner or your parents or whatever, and want to be a better person for them.

### Victim support services

If you have been a victim of a crime, you might need some help. The crime might be violence or sexual assault, or maybe theft or damage to your property. Often, the crime is upsetting enough, then you have to worry about the court case. We can help support you through the court process, if you have to be a witness. We might be able to help you apply for criminal compensation, or to apply for restraining orders if the person who did the crime is going to be a problem to you.

