

## making contact

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

<b>Perth</b>	<b>(08) 9325 6644</b>
<b>Esperance</b>	<b>(08) 9083 2600</b>
<b>Kalgoorlie</b>	<b>(08) 9080 0333</b>
<b>Mirrabooka</b>	<b>(08) 9440 0400</b>
<b>Joondalup</b>	<b>(08) 9300 7300</b>
<b>Midland</b>	<b>(08) 9436 0600</b>



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*"People Making Time for People"*

## about Centrecare

Centrecare is a 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

### Cannington

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

### Esperance

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

### Kalgoorlie

168 Egan Street, Kalgoorlie WA 6430  
(08) 9080 0333  
kalgoorlie@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

### Lockridge

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

### Midland

U15, 53 The Crescent (Cnr Sayer St), Midland WA 6056  
(08) 9436 0600  
midland@centrecare.com.au

### Mirrabooka

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

### South West

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

### Victoria Square

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



**CENTRECARE**

[www.centrecare.com.au](http://www.centrecare.com.au)  
ABN 98 651 609 161

# when a man wants things to be different

a Centrecare service for  
men to be at their best



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Mencorp 4554A



In a constantly changing world, the roles, needs and identities of many men are also changing. The advertising image of 'what it is to be a man' can be confusing by giving messages about how men should behave and what they should become. It is more important than ever for men to maintain their own sense of self and achieve positive relationships with those around them.



### Do you need to talk about or explore:

- the changing nature of relationships;
- feeling anxious or depressed;
- low self esteem and self confidence;
- coming to terms with loss or grief;
- separation or thinking of separating;
- maintaining close relationships with your children;
- stepfamilies;
- managing a major change in your life;
- communication;
- conflict with teenagers;
- gambling;
- sexuality;
- life transitions; and/or
- anger?

If you answer "yes" to any of the above questions, then this service may be of help to you.

# when...

## ...you want things to be different

**Centrecare's Men in Family Relationships Program** provides counselling and support to men and significant others in their lives.

### Individual, couple or family counselling

Counselling is a confidential way for you to discuss your issues and concerns. It can also help you to identify specific goals and strategies for effectively dealing with situations and problems.

### Groups and Workshops

Centrecare offers a variety of groups and workshops such as Dealing with Stress and Learning Self Care, Understanding Anger, Meaningful Communication in Relationships, Assertion Skills, Dealing with Challenges and Change and Positive Parenting.

### Seminars

Seminars can be arranged for companies as well as community groups such as rotary clubs, schools and sporting groups. Topics covered can be the same as in the Groups and Workshops or can be tailored to meet your specific needs. The seminar can be anywhere from three hours to full-days.

### How long is a counselling session?

Generally, counselling sessions last 50 minutes.

***This service is funded by the Department of Families, Housing, Community Services and Indigenous Affairs. (FaHCSIA)***



### Culturally Appropriate Service

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

### 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 Client 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.



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