

## making contact

To enrol in a program or to have a calendar sent to you, telephone Centrecare on one of the numbers below:

**Mirrabooka** (08) 9440 0400  
**Kalgoorlie** (08) 9080 0333  
**Esperance** (08) 9083 2600



**CENTRECARE**

*"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 healthy relationships and family life is important to you

a Centrecare service for  
individuals, couples, parents, care  
givers and families interested in  
developing their parenting and  
relationship skills



Quality  
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**CENTRECARE**

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FREST OCT10 MENCORP 4667E

While parenting and family life can be rewarding and pleasurable, there are times when we struggle with our fears and problems. We sometimes question our parenting style and wonder whether the stages our children are going through are normal.



### Would you like to:

- develop a better understanding of yourself;
- develop and maintain positive relationships;
- help your children become more confident;
- improve your active listening skills;
- improve your communication skills;
- learn new skills to help you relate better to your children, partner and other people;
- manage life changes positively and understand the developmental stages of children; and/or
- strengthen your relationships with your children?

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

# when...

## ...you want better relationships

**Centrecare’s Family Relationships Education and Skills Training (FREST)** provides individuals, couples and families the opportunity to develop and enhance healthy relationships.

This may include skills to assist with conflict resolution, communication, parenting and general life skills for children, young people, parents and grandparents.

Centrecare FREST offers a range of workshops, including:

- Anger and Conflict Management;
- Building Connections;
- Developing Assertiveness and Self-Confidence;
- Negotiation and Communication Skills;
- Parenting After Separation;
- Parenting Children from Birth Through to Adolescence; and
- Parenting Teens.

### Workshops

Workshops usually run between four and six weeks, one day workshops are also offered. Programs can also be tailored to meet the needs of people in the community.

Some workshops are offered during the day and others in the evening. Most sessions last approximately two to three hours each.

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

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.

### ***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.

