

when

your actions are hurting your family

a Centrecare service for men who are concerned about the affects of their behavior on the people they love, work and spend time with



Quality
ISO 9001
SAI GLOBAL

about Centrecare

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

Perth

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Cannington

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Midland

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Southwest

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CENTRECARE
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ABN 98 651 609 161



CENTRECARE
"People Making Time for People"

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 in most offices.

Perth (08) 9325 6644

Bunbury (08) 9721 5177

Esperance (08) 9083 2600

Goldfields (08) 9091 1833

Joondalup (08) 9300 7300

Mirrabooka (08) 9440 0400



CENTRECARE

"People Making Time for People"

when...

...you can control your actions instead of them controlling you

Many men are able to identify their behaviour is harming their relationships and pushing those closest to them further away. Despite the fact the values they hold most important in a relationship - often including trust, respect, love, care, honesty, openness and equality

are somehow replaced by anger, aggression and abuse. The consequences of doing nothing to address these behaviours are significant and isolating. The courage to address these abusive behaviours can be the first step in relating to those around you in a respectful and fair way which also enhances your relationships.



Would your wife or partner say you:

- Shout and swear;
- Put them down, call them names, use sarcasm;
- Use threats, intimidation or coercion;
- Hit, slap or physically restrain them;
- Blame, justify or minimise your angry outbursts
- your aggressive manner/actions the way you are feeling
- Impact on their ability to connect with family and friends due to your behaviour;
- Check up on them;
- Control the money;
- Treat them like a servant;
- Expect sex whether they want it or not;
- Are over-protective or possessive;
- Communicate via your children?

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

Centrecare provides a range of individual counselling and group programs, specifically designed for men who are engaging in abusive behaviours but have chosen to explore more respectful ways of relating. Services are also available for partners and children. Abuse in a relationship, also called family and domestic violence, refers to any action, verbal and/or non-verbal, that instills fear in the other person and can be displayed physically, emotionally, verbally, sexually, financially, spiritually and culturally.

Centrecare counselling and group programs for men provide a unique and safe opportunity for men to address their concerns in a respectful and non-judgmental environment. It also seeks to support men in their ability to build healthy relationships for the future and be accountable for the past.

Centrecare counselling and group programs aim to address issues that include:

- The importance of accepting that you are responsible for your own actions.
- The effect your actions have on your family.
- Developing empathy.
- The difference between assertiveness and aggression.
- The importance of understanding and expressing your own emotions responsibly.
- Communicating effectively and respectfully.
- Separation and/or grief.

Men who have used this service comment on how their lives have been enhanced and their relationships are healthier for the positive changes.

How long is a counselling session?

Generally, counselling sessions last 50 minutes.

This service is funded by the Department for Child Protection.

Is this service private and confidential?

Counselling is confidential and all counsellors are bound by our Commitment to Confidentiality and Oath or Affirmation of Secrecy for Family and Child Counsellor. 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 counsellors qualified?

All our counsellors are professionally qualified and meet the requirements of the Family Law Act. They receive ongoing professional development and supervision.

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 the reception desk.

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

