

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

Southwest (08) 9721 5177

Goldfields (08) 9091 1833



CENTRECARE

"People Making Time for People"

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

Cannington

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

Gosnells

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

Victoria Square

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

Esperance

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

Goldfields

7-9 Dugan Street, Kalgoorlie WA 6430
(08) 9091 1833
goldfields@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) 9325 6644
enquiries@centrecare.com.au

Mirrabooka

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

Southwest

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



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

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when

you want respect not abuse

a Centrecare service for women
experiencing and managing the
consequences of abuse



Quality
ISO 9001
SAI GLOBAL



CENTRECARE
"People Making Time for People"

when...

...you are not responsible for your partner's abusive behaviour

Experiencing the effects of domestic violence and/or abuse may leave you feeling depressed, unhappy, guilty, alone or even wondering if you are going

crazy. You may believe that you are part of the problem or think 'that's just how life is' even though you don't like what is

happening to you and know you don't deserve to be abused. If you would like to talk to a

qualified counsellor about your experience in a safe, non-judgemental space, Centrecare can provide this.



Does your husband or partner:

- shout and swear at you;
- put you down, call you crazy, dumb, lazy;
- prevent you from seeing your family and friends;
- check up on you;
- slam doors, push and shove you around;
- slap you;
- blame you for their angry outbursts;
- say you cannot do anything right;
- control the money;
- scare you at times;
- threaten to hurt you and/or the children if you leave them;
- treat you like a servant;
- demand sex whether you want it or not?

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

Centrecare provides counselling, support and group programs for women who are experiencing the effects of abuse. 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.

Counselling

If you decide to make an appointment, you will speak with a counsellor who will give you the opportunity to talk about the abuse and identify the impact on you and your family. This is in a safe environment where you can express your feelings, such as sadness, anger, shame and depression.

Group Programs

You may wish to continue with one-on-one counselling or to join one of Centrecare's group programs. These programs have allocated weekly topics that aim to help you:

- understand what constitutes abuse, the forms it takes and the cycle of abuse
- understand the effects of abuse on you and your children
- plan how to keep yourself and your children safe
- realise that you are not responsible for your partner's behaviour, and
- learn about resources available to you in the community

Women find how reassuring it is to know they are not alone and/or responsible for the abuse they have experienced. Women have shared that over time they regain their self-respect, self-confidence and are able to start to prioritise their needs in caring for themselves.

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.

