

making contact

For more information or to make an appointment, telephone Centrecare on the phone number below.

Day and evening appointments are available.

Mirrabooka (08) 9440 0400



CENTRECARE

"People Making Time for People"

about Centrecare

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

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Cannington

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Esperance

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Midland

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Mirrabooka

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Southwest

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CENTRECARE
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when

you want your family relationships to be different

a Centrecare service for parents/caregivers with dependent children



Quality
ISO 9001
SAI GLOBAL



CENTRECARE
"People Making Time for People"

It seems life just keeps getting busier and more complicated. Sometimes we find ourselves with problems that just seem too complex and it's hard to find someone who has the time to listen.



It is important to develop or improve our strengths and skills. We can then effectively deal with life's more challenging moments and find solutions which help us to feel more positive and in control of our lives.

As an individual are you:

- feeling overwhelmed by life's challenges;
- wanting more confidence;
- looking for ways to manage anxiety;
- dealing with separation or divorce;
- being physically or verbally abused in a relationship?

As a couple are you:

- needing to learn more effective ways to communicate;
- arguing a lot;
- thinking about separation;
- having issues with parenting;
- having trouble negotiating?

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

when...

...future family relationships can be different

Centrecare's Family Link service offers professional counselling and group programs for individuals and couples who have a dependent child or children and live in the north eastern suburbs of Perth.

The service aims to assist you to find solutions to current issues, as well as helping you develop the skills necessary to effectively manage future challenges that may occur.

Counselling

Counselling offers you a confidential way of discussing your concerns with someone who is there to listen and help you find the most effective solutions for your problems.

If you are unsure of how to deal with your issues, counselling can assist you to set goals, decide how you would like your future to be and identify options for achieving these goals.

A variety of group programs and workshops are offered by Centrecare including: "Self-Esteem", "Anger Management", "Parenting" and "Family Violence". Groups are generally run during school terms.

How long is a counselling session?

Counselling sessions run for approximately 50 minutes.

This service is funded by the Department for Communities.

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.

