

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
Esperance	(08) 9083 2600
Joondalup	(08) 9300 7300
Kalgoorlie	(08) 9080 0333
Mirrabooka	(08) 9440 0400



CENTRECARE
"People Making Time for People"

about Centrecare

Centrecare is a Catholic 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

Bunbury

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

Cannington

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

Esperance

Upstairs
22a/91 Dempster Street, Dutton Arcade, Esperance WA 6450
(08) 9083 2600
esperance@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

Kalgoorlie

168 Egan Street, Kalgoorlie WA 6430
(08) 9080 0333
kalgoorlie@centrecare.com.au

Leonora

60 Tower Street, Leonora WA 6438
(08) 9037 6561
kalgoorlie@centrecare.com.au

Midland

45 Yelverton Drive, Midland WA 6056
(08) 9436 0600
midland@centrecare.com.au

Mirrabooka

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

Victoria Square

25 - 27 Victoria Square, Perth WA 6000
(08) 9288 2233
victoriasquare@centrecare.com.au



www.centrecare.com.au
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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



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 they 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; and/or
- 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.

This service is funded by the Department Communities.

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.

Crèche Facilities

Only available at the Perth and Midland offices and bookings are essential.

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 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 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.

Centrecare is an organisation that values children.

