

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.

Perth	(08) 9325 6644
Cannington	(08) 9451 1100
Esperance	(08) 9083 2600
Gosnells	(08) 9498 9200
Joondalup	(08) 9300 7300
Kalgoorlie	(08) 9080 0333
Midland	(08) 9436 0600
Mirraboooka	(08) 9440 0400



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

Mirraboooka

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

Victoria Square

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



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

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when

healthy relationships and family life is important to you

a Centrecare service for
people experiencing personal,
relationship or family problems



Life challenges impact on all of us at some point in our lives. While many issues can be resolved with the support of friends and family, there are times when counselling can be of great benefit. It can offer you the opportunity

to talk through issues, identify options and make decisions that are right for you.



Some of these challenges can include:

- relationship changes;
- conflict;
- depression and anxiety;
- low self-esteem and self-confidence;
- coming to terms with loss or grief;
- separation or considering separation;
- blended families;
- experiencing a major change in your life;
- communication;
- life transitions;
- impacts of abuse;
- helping your children become more confident;
- understanding the developmental stages of children;
- parenting;
- strengthen your relationships with your children; and/or
- sexuality issues.

when... ... you want better relationships

Centrecare's Family and Relationship Services provide a range of support for individuals, couples and families.

Individual, couple or family counselling

Counselling is a confidential way that individuals, couples and families can discuss any issues and concerns. Counsellors are trained to assist you with identifying options and making choices that are right for you.

Groups and Workshops

Centrecare offers a variety of workshops such as:

- dealing with stress and learning self-care;
- effective parenting;
- building connections;
- developing assertiveness and self confidence;
- anger and conflict management in families;
- self-esteem;
- meaningful communication in relationships;
- dealing with challenges and change; and
- assertion skills.

How long is a counselling session?

Counselling sessions run for approximately 50 minutes

This service is funded by the Department of Social Services.

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 office 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, 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.

Centrecare is an organisation that values children.

