#### 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.

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

# when you want to improve the wellbeing of your child

a Centrecare service that builds resilience in children, adults, families and communities



#### making contact

For more information or to make an appointment, please contact Centrecare on the telephone number below or visit our office at 168 Egan Street, Kalgoorlie.

No referral needed.

Kalgoorlie (08) 9080 0333

Home visits can be organised by arrangement.

Services are available in:

- Kalgoorlie-Boulder Coolgardie Kambalda Leonora Laverton Menzies Ngaanyatjarra Lands Norseman
  - Tjunjunjara



People making time for people

There is an identified need for services to support children and young people who are showing early signs of, or are at risk of developing mental illness. The aim is to improve their wellbeing and enable them to better participate in their communities and reach their full potential.



## As a child/young person would you like to:

- increase your knowledge and awareness of your safety and risk taking behaviour:
- identify protective strategies;
- understand your feelings better and be aware of how emotions trigger behaviour;
- increase your school attendance and engagement;
- and/or
- connect and engage with other appropriate services?

#### As a parent/caregiver would you like to:

- · better understand how to identify and respond
- · appropriately to unsafe/at risk situations and
- behaviour in your children;
- increase your knowledge and confidence of parenting
- · roles, responsibilities and positive parenting strategies;
- have an increased understanding of a 'healthy living
- lifestyle' for your family; and/or
- engage and connect with community services?

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

# when...

### ...you want to improve your child's emotional health and wellbeing

**Centrecare's Families First Service** will provide culturally appropriate, child-centred early intervention, which will increase protective factors and bring about attitudinal and behavioural change in children, young people and their families.

#### This service can provide the following support.

#### Short-term support including:

- · advocacy, information and practical support; and
- access to educational resources and self-help seeking services.

#### Intensive Case Management including:

- individual and family support;
- tailored strategies and actions to achieve goals,
- including groups / workshops;
- counselling and family interventions;
- information sharing and advocacy; and
- · collaboration with other agencies,
- including referrals if needed.

#### **Community Development and Education:**

Participation in community and cultural events, as well as group activities including: Drumbeat; Protective Behaviours; Building Connections; Skills in Action and Parents Under Pressure Workshop (both locally and in remote areas).

Participation and consent by parents/ guardians of children under 18 is necessary for this service.

This is a FREE service.

## 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.

#### 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.