

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 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

Djooraminda

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

Esperance

Suite 1 & 3 Radio House
8-10 William Street, 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

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

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



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

when you want your family relationships to be different

a Centrecare service for
parents/caregivers with
dependent children



CENTRECARE
"People Making Time for People"

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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; and/or
- 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; and/or
- 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/ren 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.

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 of Local Government and Communities. The Department of Local Government and Communities builds strong, vibrant communities by supporting and advocating on behalf of children, parents and their families, young people, women, seniors, carers, volunteers and non-government organisations.



Government of **Western Australia**
Department of **Local Government and 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 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 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.

