



# Programs and Services

Age group 18-35



Relationships are at the heart of why we exist. We help people to build positive relationships, and repair connections when needed.

We provide family and relationship services, relationship courses, pastoral services, refugee and asylum seeker support, and school and education support. All services are offered to the whole community, regardless of religious belief or background.

If you – or someone you know – needs assistance, call one of our offices listed overleaf.

## FAMILY AND RELATIONSHIP SERVICES

### Adoption and Permanent Care Program

A state-wide service providing counselling, support and outreach services to families seeking to adopt a child. We also place vulnerable children in supportive families.

Our Adoption Information Service provides information, counselling, search and outreach services to people enquiring about past adoptions.

### Alcohol and Other Drug Family Service

This program provides specialist counselling, support groups and community education for individuals and families who are supporting family members dealing with substance addiction.

Good family relationships can help people to recover from addiction and in some cases may even prevent it.

This service includes:

- alcohol and other drug use assessment and referral to other agencies
- community programs aimed at supporting and strengthening families
- compassionate, non-judgemental and confidential counselling and group work for individuals, families, friends and parents
- support and education groups for family members
- supported playgroups for families affected by alcohol and drug misuse

### Counselling

We provide counselling to couples, families, individuals and children. The service provides a compassionate, non-judgmental environment where people can talk about their emotional and personal problems. Resolving these issues can have a positive effect on people's health and wellbeing.

People often see a counsellor after a major life change or crisis, but counselling can help people at any time in their life. People can use counselling to make sense of an issue, change their behaviour or life, or solve a problem that they have been struggling with.

Counselling can be short or long-term, depending on the need for support and how complex the issues are.

## SCHOOL AND EDUCATION SUPPORT

### Clemente Fitzroy

In partnership with Australian Catholic University (ACU) this program creates opportunities to help people make a fresh start through university education. The program offers, at no cost, supported tertiary level education in humanities for people experiencing significant disadvantage.

After completing four units, students receive a Certificate of Liberal Arts from the Australian Catholic University. This can lead to further tertiary education and/or employment opportunities.

### Seasons for Growth

Loss, change and grief programs which aim to build resilience and promote the social and emotional wellbeing of children, young people and adults as they adapt to changes in their lives.

CatholicCare, in partnership with Good Grief (an agency of the Sisters of St Joseph), delivers training for teachers, social workers, psychologists and other professionals who wish to become Companions for the Seasons for Growth program.

## PASTORAL SERVICES

### Youth Justice Chaplaincy

Our Youth Justice Chaplains provide pastoral support to young people in youth custodial centres. They provide accompaniment and emotional and spiritual support for young people who are at a particularly vulnerable time in their lives.

Our Youth Justice Chaplains work within Victoria's two youth justice precincts at Parkville and Malmsbury. They offer a range of supports to young people in custody including:

- having someone there to listen or sit silently with you
- having someone to pray with you and/or provide you with religious reading material
- providing a church service on weekends
- helping you to adjust to new surroundings
- helping you to explore and/or reconcile your spirituality
- helping you through loss and grief
- helping you to prepare for parole

Youth Justice Chaplains also play a role in advocating for the dignity of young people, within the youth justice system and across the broader community.

# REFUGEE AND ASYLUM SEEKERS

## Asylum Seeker Support

We help vulnerable individuals and families who are living in the community on bridging visas. We assist clients to source accommodation facilities and help them to access learning and literacy services.

Our asylum seeker support includes:

- supported housing, which is often enabled by local parishes and volunteers
- advocacy for families seeking asylum
- links to local communities
- links to support services for families

We take referrals from frontline asylum seeker support agencies including: Asylum Seeker Resource Centre, Australian Red Cross, Foundation House and the Brigidine Asylum Seeker Project.

Support and information is available to those who speak languages other than English.

## Refugee Settlement Program

The Refugee Settlement Program equips newly arrived refugee and humanitarian entrants with the social and life skills necessary for successful integration and settlement in Australia.

Our programs include case management, employment and training support, English literacy, homework help for children, financial literacy and family and community participation in local events, festivals and social activities.

Refugee and humanitarian entrants can access refugee settlement services from CatholicCare within the first five years of their arrival in Australia.

The services listed on this flyer are applicable to people aged between 18-35, but do not exclude people of other age groups.



## RELATIONSHIP COURSES

### Bringing Baby Home

A workshop for new parents expecting their first baby, or with a baby less than 12 months of age. It equips couples with the skills and knowledge to manage and strengthen their relationship as it changes with the birth of a child.

Bringing Baby Home is delivered in small groups by qualified, experienced educators who have a sound understanding of relationship theory and practice.

### Pre-Marriage Programs

Helps couples to prepare for married life. Delivered in either group (Partnerships) or private (FOCUS) settings, couples reflect on their strengths and weaknesses and what it takes to have a strong, healthy and lasting marriage. Couples learn how to:

- build skills to navigate and manage conflict
- discuss possible challenges and plan positive ways to respond
- explore their relationship's strengths and differences
- find ways to grow their friendship
- think creatively about a vision for the future and the marriage they want to build



At CatholicCare we provide support to people at every stage of life to equip them with the skills they need to build strong, positive relationships. We know that sometimes society gives up on people, and sometimes people give up on themselves - but we never give up on our clients.  
strengthening families and communities | [ccam.org.au](http://ccam.org.au)

**Central Office:**  
**East Melbourne**  
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E: [catholiccare@ccam.org.au](mailto:catholiccare@ccam.org.au)

**Dandenong**  
Level 2, 33 Princes Hwy  
T: 03 8710 9600

**Eltham**  
T: 03 9430 1639

**Epping**  
713 High Street  
T: 03 8468 1305

**Fitzroy**  
St Mary of the Cross Centre  
23 Brunswick St  
T: 03 8417 1200

**Footscray**  
3 Wingfield St  
T: 03 9689 3888

**Geelong**  
62 McKillop St  
T: 03 5221 7055

**Geelong**  
(Family Relationship Centre)  
Suite 2/27-31 Myers St  
T: 1300 656 043  
T: 03 5246 5600

**Melton**  
390-392 High St  
T: 03 8746 0500

**Pakenham**  
1 Rogers St  
T: 1800 522 076

**Sale**  
52 McArthur St  
T: 1800 522 076

**Traralgon**  
31 Grey St  
T: 1800 522 076

**Warragul**  
19 Connor St  
T: 1800 522 076

**Wyndham Vale**  
510 Ballan Rd  
T: 03 9216 7777