



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.

COUNSELLING

We assist couples, families, children, teenagers and individuals with counselling to manage and sustain healthy relationships. Counselling can support people who have experienced or are facing issues relating to anxiety, abuse, ageing, anger, depression, loss and grief, parenting, relationships, separation, stress, trauma, and many more.

Counselling may be short or long term depending on need for support and complexity of issues.

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

Alcohol and Other Drug Service

This program provides specialist counselling, support groups and community education for individuals struggling with substance addiction and their families who are supporting them.

Family Wellbeing Support Service

A flexible support service that enhances resilience, mental health and wellbeing for children up to the age of 18 years old. Parents are supported to develop the skills and confidence to enable their children to reach their potential.

Integrated Family Services

Integrated Family Services offers in-home support to vulnerable families who are experiencing multiple difficulties, with a focus on improving their parenting confidence and capacity. Clients must be referred through the Child FIRST Alliance.

Post-Separation Services

Supporting families through the separation process to minimise conflict, and better manage parenting in the best interests of the child. We offer **family dispute resolution, mediation and post-separation education and support services.**

CatholicCare also manages the Victorian Family Law Pathways Network, which coordinates services offered to separating families through collaboration and information sharing between organisations and professionals who work with these affected families. The network supports both families and professionals.

SCHOOL AND EDUCATION SUPPORT

Clemente Fitzroy

In partnership with Australian Catholic University 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. Counselling, mentoring and study support is also provided for participants.

Professional Clinical Supervision and Support

Clinical supervision is offered to education staff and welfare workers, such as counsellors, in both group and individual settings. We also provide professional development on topics such as classroom management, self-care, and managing and supporting students with challenging behaviours or emotional issues.

Relationships Matter! Workshops

Secondary school students learn how to develop and maintain healthy relationships with themselves, their friends, colleagues and family.

School Counselling

Specialised on-site psychological and counselling services to primary and secondary schools. Working collaboratively with parents and teachers, counselling can identify difficulties early so strategies can be tailored to enhance the student's wellbeing. Educational and cognitive assessments are also available.

School Refusal Support

Early intervention and support for families to address their child's refusal to attend school. This may involve family therapy or individual counselling, and support to learn helpful strategies.

PASTORAL SERVICES

Chaplains

Chaplains provide emotional and spiritual support to people through all stages of life.

A chaplain's work is grounded in a spirituality of respectful listening as they seek to connect, understand and sustain those they encounter.

Our chaplaincies include:

- Clergy Health and Wellbeing
- HIV/AIDS Ministry
- Hospital Chaplaincy
- Prison Ministry
- Youth Justice Chaplaincy

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 and help them to access learning and literacy services, and collaborate with parishes to provide extra support.

English Conversation Program

The English Conversation Program supports recently arrived migrants to help build their confidence and independence and support them to settle well.

The program enables participants to form connections and develop a sense of community, while learning English conversation skills to help them integrate into and communicate with others in their local community.

Geelong Settle Well

Geelong Settle Well is a school-based support service for young refugees and asylum seekers. It provides support to give them a stronger start in life, offering specialised trauma-informed counselling and help to find pathways to further education, training and employment.

Job Readiness Program

The Job Readiness Program assists refugees and asylum seekers to join the Australian workforce, with support to access training and development opportunities; prepare a resume and standard cover letter; access information sessions on workplace culture and safety; and gaining further advice and support to prepare for job interviews and applications.

Settlement Engagement Transition Support

Settlement Engagement Transition Support equips and empowers refugees and other vulnerable migrants to address their settlement needs by focusing on the three E's: English language skills, Education and training, and Employment.

Support includes case management, advocacy and specialised counselling, as well as some group programs and information sessions for both youth and adults. We also refer clients to other suitable programs and services within the community.



EMERGENCY RELIEF

Emergency Relief provides financial or material aid to assist people experiencing financial hardship resulting from their current life situation or an unexpected crisis event.

CatholicCare provides confidential, non-judgemental support to maintain the dignity of individuals and families.

RELATIONSHIP COURSES

CatholicCare offers a broad range of relationship and education programs that meet the needs of students, new parents, refugees, couples and families.

Bringing Baby Home

A workshop that gives new and expectant parents knowledge and skills to manage the relationship changes a new child brings.

Marriage Enrichment Workshops

A range of programs to help couples strengthen their marriage.

Pre-Marriage Programs

Helping couples to prepare for married life. Delivered in either group (Partnerships and The 2ofUS) or private (FOCCUS) settings, couples reflect on their relationship's strengths and weaknesses and what it takes to have a strong, healthy and lasting marriage.

Refugee Dads and Kids Weekend

Bringing fathers and children together to take part in fun activities, and discuss the mutual challenges and opportunities faced in melding their culture with an Australian way of life.



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 | www.ccam.org.au

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

Footscray
3 Wingfield Street
T: 03 9689 3888

Geelong
7-9 Ryan Place
T: 03 5221 7055

Melton
195-209 Barries Road
T: 03 8746 0500

Pakenham
1 Rogers Street
T: 1800 522 076

Sale
21 Leslie Street
T: 1800 522 076

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41 Grey Street
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