

CatholicCare Courses 2019

Strengthening your Relationships

Call us 4254 9395
 enquiries@catholiccare.dow.org.au
 www.catholiccare.dow.org.au



Mental Health First Aid

YOUTH

For Adults

Teaches adults how to provide initial support to youth experiencing a mental illness or are in crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behaviour disorders and eating disorders.

2 days held over 2 weeks (14 hour program) \$198 incl GST

	Term 1	Term 2	Term 3	Term 4
Campbelltown		Fridays 21 & 28 Jun 9am-4:30pm		Fridays 25 Oct & 1 Nov 9am-4:30pm
Wollongong	Fridays 15 & 22 Feb 9am-4:30pm		Fridays 13 & 20 Sep 9am-4:30pm	
Nowra*		Thursdays 6 & 13 Jun 9am-4:30pm		Thursdays 21 & 28 Nov 9am-4:30pm

STANDARD

For Adults

Teaches adults how to help the mental health of their community by learning how to assist other adults who are developing a mental health problem or who are experiencing a mental health crisis. Based on the Mental Health First Aid guidelines this course is suitable for everyone including clinical and frontline staff, volunteers and the general public.

2 days held over 2 weeks (14 hour program) \$198 incl GST

	Term 1	Term 2	Term 3	Term 4
Campbelltown	Fridays 1 & 8 Mar 9am-4:30pm		Fridays 23 & 30 Aug 9am-4:30pm	
Wollongong		Fridays 10 & 17 May 9am-4:30pm		Fridays 6 & 13 Dec 9am-4:30pm
Nowra*	Thursdays 4 & 11 Apr 9am-4:30pm		Thursdays 1 & 8 Aug 9am-4:30pm	

Counselling

CatholicCare's affordable counselling service provides support to children, adults, couples and families experiencing:

- grief and loss
- family & relationship difficulties
- stress/anxiety/depression
- changes in personal or family situations
- pregnancy loss

Our skilled and compassionate counsellors are qualified professionals experienced in couple, family and individual counselling.
Fees apply.

Parent Education & Group Work

Our education and group work programs offer opportunities for children, adults & couples to:

- access a supportive environment with others who share similar life challenges
- enhance the quality of their relationships
- build resilience
- learn new communication skills
- build on parenting skills
- be better equipped to manage stress and change

For more information please call **4254 9395**.

Wollongong
25-27 Auburn St

Campbelltown
35A Cordeaux St

Nowra
55 Worrigeer St

www.catholiccare.dow.org.au

