

CatholicCare is the social services agency for the Catholic Diocese of Wollongong. Within the Diocese we offer additional support and advocacy for the ageing, people with disability, young offenders in Juvenile Justice Centres, their families and carers.

CatholicCare is an inclusive organisation committed to helping anyone in need regardless of religious beliefs.

VOLUNTEER WITH US

You can make a difference to the lives of others by offering support to socially isolated people of all ages or siblings in families of children with disability or offering pastoral care to people within our community.

HOW CAN YOU HELP

We seek to bring joy to those we serve by enabling growth, healing, and hope. If you share our vision you can:

- Donate online at catholiccare.dow.org.au or call 4227 1122. Donations of \$2 or more are tax deductible.
- Attend our annual CatholicCare Race Day that raises funds for families of kids with disability.
- Become a foster carer and help nurture a child's potential.

CONTACT DETAILS:

25-27 Auburn Street **Wollongong** NSW 2500
PO Box 1174 Wollongong NSW 2500
Ph:(02) 4227 1122 Fax: (02) 4226 9736

55 Worrigee Street **Nowra** NSW 2541
PO Box 1255 Nowra NSW 2541
Ph:(02) 4421 8248 Fax: (02) 4422 9020

Unit 7, 5 Burra Place, **Shellharbour City** NSW 2529
Ph:(02) 4296 6041 Mobile: 0417 410 127

35A Cordeaux Street **Campbelltown** NSW 2560
Ph:(02) 4628 0044 Fax: (02) 4628 4549

EMAIL: enquiries@catholiccare.dow.org.au
WEBSITE: www.catholiccare.dow.org.au

  CatholicCare Wollongong



We acknowledge and respect the traditional owners of the lands on which we work, live and prosper.

OUR SERVICES



Catholic**CARE**

DIOCESE OF
WOLLONGONG



WE PROVIDE SOCIAL AND EMOTIONAL SUPPORT THROUGHOUT LIFE'S JOURNEY TO PEOPLE IN THE ILLAWARRA, SHOALHAVEN, MACARTHUR AND SOUTHERN HIGHLAND REGIONS.

FOSTERING FUTURES - PERMANENCY SUPPORT PROGRAM

Every child has the right to a family and a permanent home. We're passionate about children's wellbeing and their right to have stable, caring families and positive childhoods so they can thrive and reach their full potential. We're on a mission to find more people who will make great foster carers and help turn a child's life around. We welcome all enquiries.

CHILDREN'S CONTACT SERVICE

Parents and carers are given the opportunity to improve or restore relationships with their child through spending time together in a supportive, impartial environment. We work with you to help your children maintain positive and meaningful relationships with both parents or other family members. The goal is to assist you to move towards unsupervised self-managed arrangements whenever possible.

OUTSIDE OF SCHOOL HOURS CARE (OOSH)

Nurturing children's growth and development, our OOSH service provides before and after school as well as vacation care for children between the ages of four and a half to 12 years old. We provide a safe, secure and nurturing environment for children, encouraging learning and development through a variety of fun, recreational and leisure-based activities.

FAMILY AND SIBLING SUPPORT (SIBS) PROGRAM

Disability can impact all members of a family. SIBS provides brothers and sisters in families of children with disability the chance to relax, unwind and escape their

caring duties. SIBS get to enjoy much needed time-out with other children and young people who share the experience of disability.

PARENTSNEXT

If you have children aged between six months and six years, we can help you to plan and prepare for future study or employment by the time your child reaches school age. If your youngest child is under six and you've had no paid employment in the last 6 months, you may be eligible to participate in ParentsNext.

COUNSELLING

Counselling provides support in difficult times, a listening and independent ear and the opportunity to gain new perspectives and insights into problems. Our skilled and qualified counsellors support children, adults, couples, carers and families experiencing grief and loss, family, relationship and marriage difficulties, stress/anxiety/depression, changes in personal or family situations and pregnancy loss.

SCHOOL, STUDENT & FAMILY PROGRAM (SSFP)

We strive to strengthen students, families and school communities emotionally and socially to meet life's challenges, by promoting the wellbeing and development of students within Catholic primary and secondary schools in the Diocese of Wollongong. This includes delivering individual counselling, case management and preventative group work to support students and their families.

PARENT EDUCATION & GROUP WORK COURSES

Strengthen your relationships and build resilience within a supportive environment alongside others who share similar life experiences. We offer group work courses for adults, parents and carers and children to build on parenting skills and enhance the quality of their relationships.

MARRIAGE & RELATIONSHIP EDUCATION (MRE)

For couples preparing for marriage, committed couples dating or married couples looking to enrich their relationship, our MRE programs assist couples to identify their strengths, learn more about areas to grow as a couple and build on relationship skills.

YOUR DIRECTION - DISABILITY SUPPORT

As a Registered NDIS Provider we are here to support you. We believe everyone should be able to make their own choices and you will have access to a range of quality services centered around your needs and wants to enhance your independence and community connections.

YOUR LIFE, YOUR WAY - HOME CARE PACKAGES

Always here to support you and your loved ones. We get to know what is important to you and provide services and supports based on your assessed needs in order to keep you or your loved one living at home, happy, healthy and enjoying life to its fullest.

