

FEES

Various fees apply. Please contact our office for details.

Concessions may apply dependent on financial circumstances.

CHILDMINDING

Childminding by qualified professionals is offered during some workshops at a low cost. Check when booking if this is available.

CONFIDENTIALITY

We offer a professional and confidential service. If you have more questions about how we handle your information, please ask your counsellor or group facilitator.

CatholicCare works with people to make a difference in their lives by offering opportunities for hope, growth, healing and resilience.

CatholicCare is the social services agency of the Catholic Diocese of Wollongong.

We are committed to helping anyone in need regardless of religious beliefs.

CONTACT DETAILS:

ILLAWARRA

25-27 Auburn Street Wollongong NSW 2500

PO Box 1174 Wollongong NSW 2500

Ph: (02) 4227 1122 Fax: (02) 4226 9736

MACARTHUR

35A Cordeaux Street Campbelltown NSW 2560

Ph: (02) 4628 0044 Fax: (02) 4628 4549

SHOALHAVEN

55 Worrigee Street Nowra NSW 2541

PO Box 1255 Nowra NSW 2541

Ph: (02) 4421 8248 Fax: (02) 4422 9020

EMAIL: enquiries@catholiccare.dow.org.au

WEBSITE: www.catholiccare.dow.org.au



A member of Catholic
Social Services Australia



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

*Families & Communities Programme
is funded by the Australian Government*

FAMILY & RELATIONSHIP COUNSELLING & EDUCATION

Supporting
your future



CatholicCARE

hope begins with us

FAMILY & RELATIONSHIP COUNSELLING

Our affordable counselling service provides support to children, adults, couples and families who are experiencing:

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

Our skillful and compassionate counsellors are qualified professionals experienced in couple, family and individual counselling.

We can provide:

- support in difficult times
- a listening, independent ear
- help with recognising and building on strengths
- the opportunity to gain new perspectives and insight into problems
- strategies for coping with stress and major life changes

We also provide case management services to families following separation.

(Please contact our office for more information on eligibility for this service).

FAMILY & RELATIONSHIP EDUCATION

Our education & 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

We can provide:

- parenting education
- marriage education
- skill-building support groups
- support for families experiencing conflict after separation
- positive self-development education



hope begins with us