

# Family and Relationship Counselling

*Because relationships matter!*

## Other services available

CatholicCare offers a range of other services to support and nurture families.

- **Post-Separation Services** support parents and children after family breakdown.
- **Family Dispute Resolution** offers mediation and conciliation to assist parents with parenting arrangements.
- **Pre-Marriage Education** workshops are available in either group or private settings.

For more information on these services please visit our website [www.ccam.org.au](http://www.ccam.org.au)

*“Counselling has helped me get everything into perspective. Life for my family – and me – is so much better now!”*



## About us

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

CatholicCare is the social service agency of the Archdiocese of Melbourne and the Diocese of Sale. We provide a range of counselling, education, community and pastoral services.

We support all people regardless of their religious belief or background.

Our vision is for a stronger, more resilient and inclusive society - where everyone can reach their potential and enjoy 'life to the full'.

## Contact us

Dandenong  
T: 03 8710 9600

East Melbourne  
T: 03 9287 5555

Epping  
T: 03 8468 1305

Footscray  
T: 03 9689 3888

Geelong  
(Central Geelong,  
North Geelong, Norlane)  
T: 03 5221 7055

Gippsland  
(Pakenham, Sale,  
Traralgon, Warragul)  
T: 1800 522 076

This service is partially funded by the Australian Government Department of Social Services. Visit [www.dss.gov.au](http://www.dss.gov.au) for more information.



*CatholicCare acknowledges the traditional custodians of the lands and waters of Victoria, and pays respect to Elders past and present.*

- Greater Melbourne
- Geelong
- Gippsland

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[ccam.org.au](http://ccam.org.au)



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## *Feeling stuck?*

We all feel weighed down or held back when life gets challenging. If you find yourself feeling sad, worried or stuck, it's okay to ask for help. You don't have to face your problems alone.

With support to work through your issues, you can find new ways to make life more manageable.

You can figure out your problems and get your life and relationships back on track.

## *Counselling can help*

Counselling can help you to find the skills to manage your life or relationships, build supportive networks and feel more in control.

People from all different life situations attend counselling. Discussing your issues with a professional in a collaborative way will help you to find inner resources and strengths to achieve your goals.

Everyone deserves to live life to the full.



## *Counselling is available for everyone*

CatholicCare is a social service agency that cares for the whole community, regardless of their race, faith, gender, religion, culture or background. Everyone can access our services, including children, adolescents, individuals, families and couples.

If you're unsure about whether you need counselling, you can phone us to speak with someone before deciding to make an appointment.

## *Counselling is affordable*

You don't need a referral to access counselling and our fees are charged according to your income. If you are experiencing financial hardship, we can discuss payment options.

## *Counselling is confidential*

Your privacy is important to us and we will not disclose your personal information without your express permission except when we are required to by law, for example, to protect you or someone you know from harm.

## *We service many geographical areas*

You can access our services in a number of offices throughout Greater Melbourne, Geelong and Gippsland.

Evening appointments and telephone counselling are also available.

## *Our counsellors care*

Our counsellors, psychologists and social workers are professionally trained and qualified.

They specialise in child, adult and family relationships, so they can work with children, adolescents, individuals, families and couples on a range of issues, including:

- Abuse
- Addictive behaviours
- Aging
- Anxiety, stress or depression
- Caring for others
- Change
- Children
- Commitment
- Conflict
- Death
- Family
- Loss and grief
- Parenting
- Personal growth and understanding
- Relationships
- School refusal
- Separation and divorce
- Sexuality and sexual identity
- Social issues
- Teenagers
- Trauma
- Work