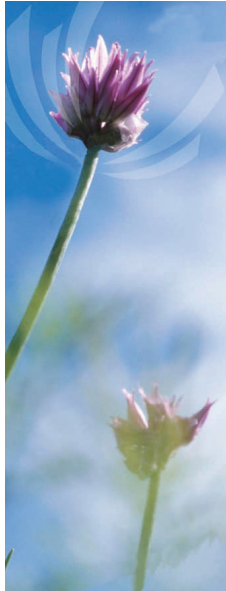


Vision

To provide quality professional community services to those in the Diocese of Rockhampton



Mission

To share in the healing ministry of Jesus, by providing professional community services to enhance the wellbeing of individuals and families



PD 325 Version 1: May 2011



www.centacare.net

For all appointments, re-scheduling and enquiries please call

1300 523 985

Diocesan Administration
168 William St
PO Box 819
Rockhampton Q 4700
admin@centacare.net

Centacare Bundaberg
79 Woongarra Street
Bundaberg Q 4670
bundaberg@centacare.net

Centacare Emerald
Egerton Street
Emerald Q 4720
emerald@centacare.net

Centacare Mackay
35 Milton Street
Mackay Q 4740
mackay@centacare.net

Centacare Rockhampton
10 Bolsover Street
Rockhampton Q 4700
rockhampton@centacare.net

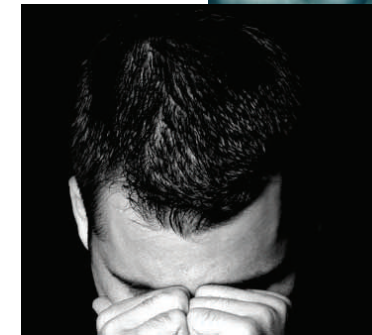
Family Relationship Centre Mackay
35 Milton Street
Mackay Q 4740
frcmackay@centacare.net

Family Relationship Centre Rockhampton
10 Bolsover Street
Rockhampton Q 4700
frcrockhampton@centacare.net

Also providing services in:

Yeppoon - yeppoon@centacare.net
Blackwater - blackwater@centacare.net
Gladstone - gladstone@centacare.net

Centacare Counselling Service





The Counselling Service

Centacare is a family welfare agency offering professional and confidential counselling to all people.

Our aim is to encourage and strengthen individuals, couples and families to continue to develop and grow. You can expect your counsellor to be respectful, nonjudgmental, genuine and confidential.

Sessions last about one (1) hour. The number of sessions will depend on you and will proceed at your pace.

Counselling can help with many issues including:

- Personal development issues, for example self-esteem or assertiveness
- Grief and loss;
- Stress management;
- Conflict resolution;
- Separation or divorce;
- A step family adjusting together;
- Communication;
- Parenting issues; and
- Any other issue that is negatively affecting your life or relationships.



Our Counsellors

- ◆ Are all tertiary qualified.
- ◆ Are approved as Family and Child Counsellors by the Attorney General Department under the Family Law Act.
- ◆ Receive regular professional supervision and training.
- ◆ Hold Suitability Cards for Working with Children issued by the Commission for Children and Young People.

In your first session your counsellor will want to hear what has led you to seek counselling.

At the end of the session you will discuss with your counsellor whether further counselling would be helpful.

Sessions will concentrate on your concerns and how you may work to resolve them.

How much does it cost?

Standard fees are:

- \$20.00** For clients with an income less than \$14,000 (must show concession card)
- \$65.00** For all other clients.

It is the policy of Centacare that no client will be refused a service on the basis of an inability to pay. If you have a concern about our fees please speak with an Administration staff member or your Counsellor.

How Do I Make an Appointment?

Appointments can be made by phoning Centacare. The receptionist will allocate you an appointment time.

No referral is necessary.

Office hours are:

- 9.00am to 4.45pm Monday to Thursday
- 9.00am to 4.15pm on Friday.

Please speak to the receptionist to request an after hours appointment.



Australian Government

**Department of Families, Housing,
Community Services and Indigenous Affairs**

Family and Relationship Counselling is funded by The Federal Government under the Family Relationship Services Program.