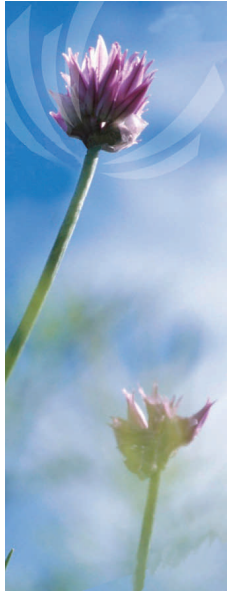


Vision

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 330 Version 1: June 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

ACCESS Counselling Services



*Your Employee
Assistance Program*





About the Employee Assistance Program

Your Employee Assistance Program (EAP) is a counselling service provided by your employer that is FREE, VOLUNTARY and CONFIDENTIAL.

- ➔ The Employee Assistance Program (EAP) is a program designed to aide employees and their immediate family members deal with work or personal issues that may affect their work performance and well being.
- ➔ The Employee Assistance Program does not cover medical or specialist health services.
- ➔ Counsellors cannot write reports including Work Cover or medical claims.
- ➔ Your counselling sessions are private and confidential. **Your employer will not know that you have attended counselling.** The only information that is provided to the employer is statistical information every quarter.

Counselling Service

Centacare: Diocese of Rockhampton 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, non judgmental, genuine and confidential.

Sessions last about one hour. The number of free sessions depends on the contract your organisation has with us. So you will be informed bout the specifics of this when making your appointment

Our Counsellors

- ⇒ Are 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.



How can counselling help?

Counselling can help with many issues including:

- ➔ Work related concerns – organisational change, harassment, conflict, work relationships
- ➔ Personal development issues, Eg. self esteem or assertiveness
- ➔ Grief and loss
- ➔ Stress management
- ➔ Alcohol and drug use
- ➔ Changes in families, Eg. separation or divorce
- ➔ Any other issues that are causing the family problems



How do I Make an Appointment?

Appointments can be made by phoning Centacare. You will be allocated an appointment time. No referral is necessary. **Please tell Administration the name of the organisation that employs you.** Appointments are available 9.00am to 5.00pm Monday to Thursday and 9.00am to 4.30pm on Friday. After hours appointments are available if needed.