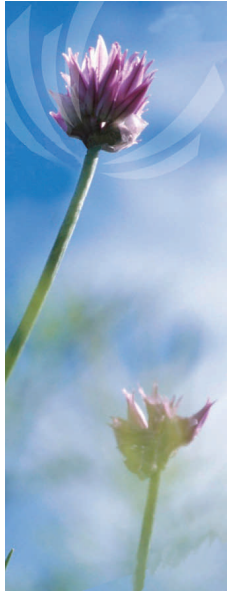


## Vision

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 328 Version 1: June 2011



[www.centacare.net](http://www.centacare.net)

For all appointments, re-scheduling and enquiries please call

**1300 523 985**

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PO Box 819  
Rockhampton Q 4700  
[admin@centacare.net](mailto:admin@centacare.net)

Centacare Bundaberg  
79 Woongarra Street  
Bundaberg Q 4670  
[bundaberg@centacare.net](mailto:bundaberg@centacare.net)

Centacare Emerald  
Egerton Street  
Emerald Q 4720  
[emerald@centacare.net](mailto:emerald@centacare.net)

Centacare Mackay  
35 Milton Street  
Mackay Q 4740  
[mackay@centacare.net](mailto:mackay@centacare.net)

Centacare Rockhampton  
10 Bolsover Street  
Rockhampton Q 4700  
[rockhampton@centacare.net](mailto:rockhampton@centacare.net)

Family Relationship Centre Mackay  
35 Milton Street  
Mackay Q 4740  
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Family Relationship Centre Rockhampton  
10 Bolsover Street  
Rockhampton Q 4700  
[frcrockhampton@centacare.net](mailto:frcrockhampton@centacare.net)

Also providing services in:

**Yeppoon** - [yeppoon@centacare.net](mailto:yeppoon@centacare.net)  
**Blackwater** - [blackwater@centacare.net](mailto:blackwater@centacare.net)  
**Gladstone** - [gladstone@centacare.net](mailto:gladstone@centacare.net)

# Rockhampton's Family Support Service





## What is Family Support?

Centacare assists families, children, parents and individuals gain knowledge, skills and resources to enhance their wellbeing and create a safe and caring family environment.

The service is designed to allow each person reach their full potential and prevents the risk of family violence and family breakdown.

Children's wellbeing is optimized during the early years, so the family support program works with vulnerable and disadvantaged families enables them to:

- 😊 **Develop** their knowledge and skills to care for and nurture their children
- 😊 **Manage** and resolve complex family issues and improve their family's capacity and resilience
- 😊 **Access** a range of services that can provide access to resources for their family.



## Family Support Counselling

Our aim is to respond to the needs of children, young people and their families. The term 'families' includes single and two parent families, kinship carers, guardians and extended family members with children 0-18 years living in the same house.

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:

- ➔ Grief and loss;
- ➔ Stress management;
- ➔ Conflict resolution;
- ➔ Separation or divorce;
- ➔ A step family adjusting together;
- ➔ Communication; and
- ➔ Parenting issues.

## The Service

### 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.

In your first session your counsellor will want to hear what has lead you to seek counselling. At the end of the session you will discuss with your counsellor whether further counselling would be helpful.

### Counselling hours are:

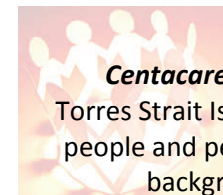
9.00am to 4.45pm Monday to Thursday  
Please speak to the receptionist to request an after hours appointment.

**The Rockhampton Family Support service is funded by the Department of Communities.**

Funded by



**Queensland Government**  
Department of Communities



**Centacare actively encourages** Aboriginal, Torres Strait Island and Australian South Sea Island people and people from other cultural and ethnic backgrounds to access our services.