

This service can help you to:

- improve your quality of life
- reduce stress
- help strengthen or rebuild relationships with others
- help you feel more in control of your life

Referrals and bookings

To make a booking or enquiry please contact your nearest office. You do not need a referral to access counselling.

Fees

Fees are charged according to your income. If you are experiencing financial hardship, we can discuss payment options. If you have a Concession Card or a Health Care Card, or you are a student, counselling is \$20 per session.

The service is confidential

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

About us

At CatholicCare Victoria we are committed to empowering communities and building strength and resilience, to enable everyone to reach their full potential and live life to the full.

Our support services are available to all individuals or groups regardless of race, religious beliefs or economic status.

Contact us

Ballarat FRC & Horsham
T 1300 303 988

Bendigo
T (03) 5438 1300

Dandenong
T (03) 8710 9600

Echuca
T (03) 5820 0444

Epping
T (03) 8468 1305

Footscray
T (03) 9689 3888

Geelong / Norlane
T (03) 5221 7055

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

Mildura
T 1300 303 988

Shepparton FRC
T (03) 5820 0444

Warrnambool
(Hamilton, Colac, Portland)
T 1300 303 988

Family & Relationship Counselling



www.catholiccarevic.org.au

CatholicCare Victoria acknowledges the history, culture, diversity, and value of all Aboriginal and Torres Strait Islanders, and pays respect to their Elders past and present, as well as acknowledging future generations.

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 **CatholicCare**
VICTORIA
Strengthening families & communities

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 goal.

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

- COUNSELLING CLIENT

About the service

Counselling provides a supportive and collaborative environment where you can discuss your problems and concerns, working on what you identify as most important.

Our counsellors 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 or related to:

- abuse
- addictive behaviours
- ageing
- anger management
- anxiety or stress
- caring for others
- change
- children & teenagers
- commitment
- conflict
- couples
- death
- depression
- family violence
- separation and divorce
- loneliness
- loss and grief
- mental health
- parenting
- personal growth
- relationships and family
- sexuality and sexual identity
- school refusal
- social issues
- trauma
- work
- young adults

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Finding the right support for you and your family

At CatholicCare Victoria we offer a range of services to suit the needs of our local communities.

If you're not sure what service is right for you or your family, contact us to discover how we can best support your needs.

Other services you may be interested in include:

- **Family Dispute Resolution** provides mediation for separated or separating parents to reach agreement on parenting plans. Mediation focuses on childrens' needs and resolving disputes as an alternative to court.
- **Family Services** provides in-home support and parenting skill development to assist families experiencing multiple difficulties such as financial hardship, family conflict/violence, disability, trauma, separation and more. Families can access this service by calling their local Orange Door or Child FIRST intake centre.
- **Parenting Orders Programs** provide a mix of individual counselling and group education programs for separated families, focusing on the needs of children.

View all programs and services on our website at www.catholiccarevic.org.au