

# Programs & Services

BENDIGO



At CatholicCare Victoria we empower communities and build strength and resilience, to enable everyone to reach their full potential and live life to the full.

Our services are offered to everyone in the community, regardless of age, race, gender, ability, religious beliefs or economic status.

## Counselling

### Counselling for all ages

We assist families, couples, children, teenagers and individuals with counselling to manage and sustain healthy lifestyles. Counselling may be short or long term depending on need for support and complexity of issues.

### Cross Roads Men's Group

A six-week program designed by men, for men. We will arm you with the knowledge and skills to start thinking and acting in ways that benefits you.

### Seasons for Growth (grief)

We provide support for adults and young people who have experienced significant change, such as loss, death, family breakdown, or other change which has had a negative impact on their wellbeing.

### School Counselling & Chaplaincy

We support students and their families to enhance student wellbeing and provide early intervention to mental health and wellbeing issues.

## Youth Justice

Our Youth Justice Group Conferencing, Youth Justice Chaplaincy and Youth Justice Community Support programs help young people to turn their life around, and minimise their progression into the adult criminal justice system.

## Family Support

### Parenting Programs and Workshops

Our Regional Parenting Program team offer a variety of programs, workshops and single-session consultations for parents and carers. We cover a range of topics that will assist you in building resilience and emotional intelligence in your kids, navigating the complexities of blended and separated families, and developing a better relationship with your children.

### Family Services

Our Family Services provide tailored, in-home support and parenting skill development to assist families experiencing difficulties, including parenting challenges, family violence and mental health issues.

### Parenting Orders Program

Parenting Orders Programs provide a mix of individual counselling and group education programs for separated families, focusing on the needs of children. Separated parents and carers can access these programs to learn new skills and/or to meet requirements for Court Orders.

### Family Dispute Resolution

Family Dispute Resolution (FDR) provides mediation for separated or separating parents to reach agreement on parenting plans. FDR mediation focuses on childrens' needs and resolving disputes as an alternative to attending court.

### Property Dispute Resolution

Property Dispute Resolution provides mediation for separated couples and families to negotiate the division of property and finances. This service is a cost-effective option for resolving disputes, as an alternative to attending court.

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