

Referrals

If you have any questions, would like to self refer or make an appointment, call or email us.

Community service organisations and health professionals can make referrals into our Open Doors Counselling program via phone or email.

A range of other services refer their clients and patients to us, including; *health services, maternal and child health services, private practices including psychologists, community support groups and community organisations.*

Cost

Our counselling sessions are charged on a sliding scale – this means that the fee for each counselling session is dependent on your income.

If you have a Concession Card or a Health Care Card, or if you are a student, counselling is \$20 per session.

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

CatholicCare Victoria is the social service agency of the Catholic Archdiocese of Melbourne and the Catholic Dioceses of Ballarat, Sandhurst and Sale.

Opening hours

Monday - Friday
9.00am - 5.00pm
Closed on Public Holidays

Face-to-face, phone & online counselling available. After hours counselling available by arrangement.

Contact us

Ringwood Office
5 Greenwood Ave, Ringwood VIC 3134
T 1800 123 228
E OpenDoorsDuty@catholiccarevic.org.au

Open Doors Counselling Program



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

Confidential, compassionate support for all

If you're feeling alone, confused, overwhelmed, or experiencing a crisis, our Open Doors Counsellors are here to support you.

Counselling provides a safe place to explore your thoughts in a non-judgemental environment, to work out what's right for you.

We will work with you to determine the best support for your needs, reach out to us.

Support for individuals and couples affected by unplanned pregnancy or pregnancy loss

We offer non-directive counselling, which gives individuals and couples the support they need to consider their situation and options, without judgement.

This program can help you to:

- talk it through
- be heard and supported
- take your time
- consider your options
- explore different ways of thinking
- be empowered to find your path
- discover hope

Counselling and psychotherapy services

Pregnancy loss

- Abortion
- Foetal reduction/genetic abnormality
- Miscarriage
- IVF losses
- Ectopic pregnancy
- Stillbirth
- Infertility
- Relinquishment

Unplanned pregnancy

- Emotional support during decision making
- Non-directive assistance to explore all options

Pregnancy support

- Emotional support during and after pregnancy
- Practical assistance

General grief and loss

- For any significant loss

Relationships

- Online relationship assessment tool
- Communication and conflict resolution skills

Support groups



“I got the chance to talk about the things that troubled me and found some answers - my own answers.

I now have a sense of hope and know I'm not alone.”

- OPEN DOORS COUNSELLING CLIENT