

# Programs & Services

BALLARAT



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.

We offer support services for families, individuals, youth, and culturally & linguistically diverse people across Victoria. Our services are offered to everyone in the community, regardless of race, religious beliefs or economic status.

## Counselling & Mental Health

### Counselling for people of all ages

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

### Mental Health Planned Respite

Mental Health Planned Respite provides a short-term change of environment for people with a mental illness and a break for their carers. If you are living with mental illness, and receiving support from a carer who may benefit from time away from their caring role, planned respite can help.

### School Counselling

We provide school counselling and chaplaincy to support students and their families, enhance student wellbeing, and provide early intervention to mental health and wellbeing issues. Our services are available to all schools (Catholic or otherwise).

## Courses & Workshops

### Parenting programs and workshops

Our programs and workshops can help you build resilience and emotional intelligence in your kids, navigate the complexities of blended and separated families, and learn how to form a better understanding of and relationship with your children. Workshops can be run in schools and other community settings, recommended for parents with children or teenagers.

### Pre-Marriage Education

Our pre-marriage programs help couples build stronger relationships as they prepare for marriage – and a lifetime together! All programs are led by qualified, experienced educators. Group and private workshops are available.

## Education & Employment

### Clemente program

Clemente is a transformative higher education program for disadvantaged adults aged 18 and over, supporting them to build self-esteem, develop essential life skills, and access opportunities for further tertiary study or employment.

### ParentsNext

If you have not worked in paid employment within the last six months and your youngest child is aged under six, ParentsNext can help get you work-ready.

## Financial Aid

### Emergency Relief

Emergency Relief provides confidential financial or material aid to assist people experiencing financial hardship, who are struggling to afford basic necessities. Phone appointments must be made in order to access Emergency Relief. Visit [www.catholiccarevic.org.au/ER](http://www.catholiccarevic.org.au/ER) for contact details.

### No Interest Loan Scheme

The No Interest Loan Scheme (NILS) provides small no-interest loans up to \$2,000 for people in need. If you are on a low income and require financial assistance to purchase essential items or services, NILS can help.

## Family Wellbeing Services

### Family Services

Access in-home support and parenting skill development to assist families experiencing multiple difficulties. We work with families with children 0-18 years.

### Family Wellbeing Support Service

An early intervention program that enhances the resilience, mental health and wellbeing of children and young people. Access individual support, information sessions and workshops.

## BALLARAT PROGRAMS AND SERVICES

### Housing & Independent Living

#### Access and Support

The Access & Support program advocates for people who due to diverse needs or barriers, have been unable to access services to maintain independent living. If you are in need of support to stay independent in your home and community, our Access & Support program can link you with essential support services.

#### Advanced care finder

Advanced care finder supports people to access aged care services or other supports in their local community. If you are eligible for aged care services, but need extra support to navigate the aged care system, our Advanced care finder team can support you.

#### CatholicCare Victoria Housing

CatholicCare Victoria Housing is a Registered Housing Provider offering long-term affordable community housing options. If you are on low incomes aged 18 years and over, contact us to discover how we can support your accommodation needs.

#### Community Connections

The Community Connections outreach service provides advocacy support and referrals to essential health and social services. If you are living in low-cost accommodation, are homeless or at risk of homelessness, and are in need of social, emotional or health support, our Community Connections service can be of help.

#### From Homelessness to a Home

The From Homelessness to a Home program provides support packages to individuals and families who experienced homelessness during the COVID-19 pandemic and who were provided with emergency accommodation. Individuals and families living within the Central Highlands, Wimmera, and South West regions of Victoria are eligible to receive a package.

#### Housing Mental Health Pathways

Housing Mental Health Pathways is for people aged 18 and over who are exiting Ballarat Health Services' Adult Acute mental health inpatient service and are at risk of homelessness. We provide short to long-term support to access secure and sustainable accommodation, as well as referrals to specialist and community supports.



#### Housing Support for the Aged

Housing Support for the Aged provides long-term support to maintain stable accommodation and independent living. If you are aged 50 or over, are at risk of losing your Public Housing, or are on the Public Housing waiting list, this program can help you.

#### SAVVI

The Supported Accommodation for Vulnerable Victorians service provides financial assistance to Pension-only Supported Residential Services proprietors (owners) to address residents' needs. This service can provide grants for staffing, operation, maintenance, aids and equipment, room supplements, staff training and resident activities.

### Justice & Law

#### Victims Assistance Program

The Victims Assistance Program provides information, practical supports and service referrals for victims of a violent crime or anyone affected by a violent crime. If you have been impacted by family violence, sexual assault, physical assault, homicide or another violent crime, this program can support you.

#### Victorian Family Law Pathways Network

The Victorian Family Law Pathways Network (VFLPN) provides networking opportunities, professional development, and information for professionals working in the family law system. The VFLPN aims to improve coordination between organisations within the family law system, and provides information to families regarding family law services.

#### Youth Justice

CatholicCare Victoria provides a range of programs to support young people who have offended, who are in youth custodial centres, and who are exiting custody. 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.

### Post-Separation Services

#### Family Dispute Resolution

Family Dispute Resolution provides mediation for separated or separating parents to reach agreement on parenting plans. Mediation helps parents focus on childrens' needs and resolve disputes, as an alternative to court.

#### Property Dispute Resolution

Property Dispute Resolution provides mediation for separated couples and families to negotiate the division of property and finances, as a cost-effective alternative to court.