

Programs & Services

MILDURA



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, ethnicity, ability, religious beliefs or economic status.

Counselling

Counselling for people of any age

We assist families, couples, young people, teenagers and children with one-on-one counselling support, to improve mental wellbeing and empower them to sustain a healthy life. Counselling may be short or long-term depending on the need for support and complexity of issues.

We provide affordable and confidential counselling for everyone, from all cultural and religious backgrounds.

Refugee and Asylum Seeker Counselling and Community Liaison

For families and individuals from asylum seeker and refugee backgrounds, we can assist with a range of services including referrals to visa services, local support services and community groups, depending on their wellbeing needs.

Specialist Family Violence

This program provides counselling and group work programs to people experiencing the impact of family violence.

If you or someone you know is experiencing family violence, including physical abuse, verbal abuse and using power in unfair ways, we can support you.

Family Services

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

Family Wellbeing Support Service

This service is an early intervention program that aims to enhance the resilience, mental health and wellbeing of children and young people. We provide one-on-one support, information sessions, workshops and referrals to other health and wellbeing services.

Kinship Care

This program supports families and carers, who provide care for children who are unable to remain living with their parents, due to child protection interventions.

ParentsNext

ParentsNext employment program assists parents to plan and prepare for employment by the time their youngest child reaches school age.

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.

Parenting Programs and Workshops

Our programs and workshops can assist you to build resilience and emotional intelligence in your child and teen, navigate the complexities of blended and separated families, and learn to form better relationships with your children. We also provide single-session parenting consults on request.

Post-Separation Services

Family Dispute Resolution

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

Financial Support

No Interest Loan Scheme (NILS)

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, such as home, work, study or medical expenses, we can help you.

Contact us

Mildura Office

Open Monday-Friday, 9am-5pm

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