

# Programs & Services

SHEPPARTON



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 over 60 programs and services across Victoria.

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

## Family Support

### Family and Property Dispute Resolution

Divorce, separation or family breakdown can be difficult and stressful for everyone involved. Dispute resolution provides mediation for separated or separating parents to reach agreement on parenting plans, division of property and finances.

Resolving issues through mediation reduces the conflict that families experience. It also helps separating or separated parents to focus on the best interests of their children.

### Mental Health & Wellbeing Support

Children and young people are particularly vulnerable to the stress of life transitions. During challenging times, children can begin showing signs of emotional and/or behavioural difficulties which can lead to poor mental health outcomes later in life.

Our Family Mental Health Support Service is an early intervention program that aims to enhance the resilience, mental health and wellbeing of children and young people by helping families to improve communication and strengthen relationships, manage stress and anxiety, and resolve conflict.

### ParentsNext

Our ParentsNext employment program assist 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.

Our ParentsNext team can help you develop your pathway to employment by working with you to set and reach your goals.

## Counselling

When you or a loved one is going through a tough time, it's okay to ask for help.

Speaking to a counsellor can improve your quality of life, reduce stress, help strengthen or rebuild relationships with others, and help you feel more in control of your life.

Counselling provides one-on-one support to help deal with mental health issues, stressful or traumatic events, relationship problems and any other personal challenges or problems.

We provide affordable and confidential counselling to people of all ages, cultures and religious backgrounds.

### Counselling for Children and Teens

While it's natural for children and teenagers to display some challenging or moody behaviours, if you feel like something just isn't right or if you notice your child has been behaving out of character, seeking support early can prevent issues from becoming overwhelming.

Talking to a counsellor can help your child to modify negative or unwanted behaviours, ease stress and anxiety, and to improve their relationships and social skills.

## Victorian Family Law Network

The Victorian Family Law Pathways Network provides networking opportunities, professional development, and information for professionals working in the family law system.

## Communities for Children

The Greater Shepparton Communities for Children program identifies and funds local projects for children and families. Visit [www.sheppartoncfc.com.au](http://www.sheppartoncfc.com.au) to view available programs.