

# Programs & Services

WARRNAMBOOL, HAMILTON, & THE SOUTHWEST



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

### Parenting Programs and Workshops

We offer a variety of programs and workshops for parents and carers across Victoria. Workshops cover a range of topics such as understanding children's and teen's emotions and behaviour, developing your child and teen's self-esteem, and parental self-care.

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 how to form better relationships with your children.

We also provide individual or single-session parenting consults on request.

### Family Preservation and Reunification Response

We support families to keep children safely at home, prevent children's entry into out-of-home care, and safely reunify children recently placed in care with their family. Our team provides relational, evidence-informed and targeted support to children and families who are involved with Child Protection, who are at risk of safety concerns escalating or who have children recently placed in out-of-home care.

## Counselling and Family Therapy

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 assists individuals, couples and families deal with relational problems, mental health issues, stressful or traumatic events and other personal challenges.

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

### School Counselling & Chaplaincy

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

## Relief Services

### From Homelessness to a Home

This program provides support packages to individuals and families who experienced homelessness during the COVID-19 pandemic and who were provided with emergency accommodation.

Packages offer two years of ongoing support, including long-term accommodation, employment help, and financial assistance to those living within the Central Highlands, Wimmera, and South West regions of Victoria.

### Emergency Relief

Emergency Relief provides financial or material aid to assist people experiencing financial hardship resulting from their current life situation or an unexpected crisis event.

CatholicCare Victoria provides confidential, non-judgemental support to maintain the dignity of individuals and families. Phone appointments must be made in order to access Emergency Relief, please call 1800 123 228.

## Advanced care finder

This program provides specialist and intensive assistance to help people to understand and access aged care, and connect with other relevant supports in the community. It is for people who are eligible for *My Aged Care*, experience barriers to engaging with aged care supports, or have no suitable support person to assist. For more information or to make a referral, call 1800 123 228.