

COUNSELLING

- Couples
 - Families
 - Children
 - Adolescents
 - Parenting
 - Relationships
-
- ✓ Confidential
 - ✓ Supportive
 - ✓ Clarifying

WHAT IS COUNSELLING?

Counselling is a confidential relationship between two people, one a concerned responsive listener and the other a person needing to talk about a problem.

The counsellor promotes an environment in which the person can express their thoughts, feelings and values and begin to broaden their understanding of the problem. This process assists the person towards an outcome that considers the various options available.

When a couple or family comes for counselling the process involves all those present. Young children less able to use words are involved through other activities e.g. drawing.

EDUCATION & TRAINING

Providing Outreach Support to:

- Community Groups
- Youth Services
- Schools & Young People
- Parents

Programs Provided:

- Relationship Education
- Personal & Social Skills Development
- Parenting Support

Topics Include:

- Early Attachment
- Self Esteem, Body Image & Media Influence
- Building Healthy Relationships
- Peer & Family Relationships
- Grief & Loss

EARLY INTERVENTION SERVICE (EIS)

Bernard House
21 Cornmeal Parade,
(next to Maroochydore Police Station)
PO Box 5350
Maroochydore QLD 4558

Ph: 07 5430 9300
Fax: 07 5430 9399

Email: admin@centacarebrisbane.net.au

For counselling appointments or enquiries:

Phone: 07 5430 9300
Between: 9.00am to 4.30pm
Monday to Friday

FEES

There is an affordable fee for service, which will be discussed at the time of making an appointment. If there is financial difficulty, clients can discuss a reduction or waiver with the service.

May 2010

Vision Statement

Leading social change
strengthening families
supporting people and communities
in the spirit of the Gospel

Our Mission is

To provide professional, community based services that enhance the lives, relationships and well-being of our clients in all their diversity.

We Value

- Human dignity
- Respect for the individual
- Justice and equity
- Working together
- Interdependence and community
- Transparency and accountability
- Diversity

Catholic Family and Community Services receives funding for EIS from: Australian Government Department of Families, Housing, Community Services and Indigenous Affairs.



Catholic Family & Community Services – North Coast

EARLY INTERVENTION SERVICE

Providing Outreach services to the hinterland of the Sunshine Coast

- Counselling
- Education and Training