



## Counselling at Centacare

**Centacare Counsellors:** our qualified and experienced counsellors are available to assist you in developing, restoring and maintaining positive, respectful and safe relationships in your life.

Our Counselling service is culturally sensitive and child-focused. You do not need a referral, simply contact your nearest Centacare office. You do not need to be Catholic to use our services.

**Safety:** if you have any safety concerns please speak to your Counsellor or the Intake Worker to make special arrangements to ensure your safety is not compromised while attending appointments.

**Confidentiality:** As your counselling will be undertaken by a Family Counsellor, Sections 10A to 10E of the Family Law Act apply. This means that any communication made by you to your Family Counsellor may be confidential and will not be admissible in any Court except in certain extraordinary circumstances.

**Fee:** fee for service is charged on a sliding scale depending on income. A copy of our fee schedule is available from Reception.



FAMILIES, YOUTH AND CHILDREN  
EDUCATION AND TRAINING  
HEALTH AND WELLBEING  
CARER SUPPORT, DISABILITY  
DOMESTIC VIOLENCE AND HOMELESSNESS

Adelaide, 45 Wakefield Street | T 8215 6700  
Aldinga, How Road | T 8215 6310  
Elizabeth, 34 Yorktown Road | T 8412 9570  
Gilles Plains, Wandana Community Centre,  
14 Blacks Road | T 8215 6330  
Mount Gambier, 13 Penola Road | T 8303 6630  
Murray Bridge, 1A 2-6 Sturt Reserve Road | T 8215 6320  
Port Adelaide, Cnr Ship & Vincent St | T 8303 6660

[enquiries@centacare.org.au](mailto:enquiries@centacare.org.au)  
[www.centacare.org.au](http://www.centacare.org.au)

**This service is funded by**  
Centacare and the Federal Government Department of  
Social Services and the Attorney General's Department.

A Child Safe Organisation  
Centacare has an ongoing commitment to building  
and maintaining a Child Safe Organisation.



Centacare welcomes people who are intersex,  
gender diverse and of all sexualities.



**Statement regarding the traditional owners of the land**  
For thousands of years Aboriginal people have walked  
on this land, in their country. Their relationship with the  
land is at the centre of their lives. We acknowledge the  
Aboriginal people and their stewardship and spiritual  
connection with their lands.



Centacare is nationally accredited  
against the Quality Improvement  
Council (QIC), Australian Health and  
Community Services Standards.

## Family Relationship Counselling



Centacare

## Family Relationship Counselling

Counselling is available from offices at  
Adelaide CBD, Aldinga, Elizabeth, Gilles Plains,  
Goolwa, Mt Gambier, Murray Bridge,  
and Port Adelaide.



# Family Relationship Counselling

**Strong, healthy relationships** are important for our wellbeing, however, life does not always run smoothly. Most of us will experience some challenges and relationship difficulties, often through challenging circumstances, or simply to adjust to the changing stages of life.

We provide safe, confidential support to **individuals, couples, families and children**. We see families as the building blocks of community and society.

**We work with families to harness their strengths, address challenges, and build confidence.**

Centacare provides a short term family relationship counselling service which is culturally sensitive and child-focused.

You can expect to be treated with dignity and respect at all times.

**We welcome people from diverse backgrounds and lifestyles.**

Interpreting services can be used where needed.

Counsellors will refer to other services where required, both internally (e.g. Family Dispute Resolution) or to outside agencies for further support.

**Common issues that arise in counselling are:**

- Grief and Loss
- Coping with Change - in relationships, family, lifestyle, aging, disability or illness
- Relationship difficulties
- Parenting / step-parenting/ parenting after separation
- Children coping with separation
- Enhancing relationships
- Behavioural issues
- Communication difficulties
- Stress
- Emotional issues
- Sexual issues
- Family crisis/ trauma
- Family violence issues