

# Animal Wellbeing Program

Provides wellbeing support aimed to improve engagement of people with complex needs in educational, disability or community-based settings.

Interaction with animals has been proven to help people manage stress, anxiety, depression, and feelings of loneliness and social isolation.

Participants are provided with opportunities to safely interact with animals with a view that animal therapy can contribute positively to a person's behavioural, emotional, and verbal distress and assist them to build self-awareness and self-regulation skills.

The variety of animals will change depending on seasons; but can include kangaroo joeys, ducklings, lambs, piglets, birds and chickens, lizards and stick insects. The one constant animal is 'Bear', our Centacare therapy dog who has a unique knack of understanding a person's needs.

**For enquiries and bookings,  
[animalwellbeing@centacare.org.au](mailto:animalwellbeing@centacare.org.au)  
or 8159 1400.  
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