



FAMILIES, CHILDREN AND YOUNG PEOPLE
CARER SUPPORT, DISABILITY, AND AGED CARE
DOMESTIC VIOLENCE AND HOMELESSNESS
EDUCATION, TRAINING, HEALTH AND WELLBEING

Breathing Space

8303 6600

breathingspace@centacare.org.au

www.centacare.org.au

Referrals

Breathing Space accepts referrals from:

- Department for Child Protection (DCP)
- Department of Human Services
- Maternity hospitals
- Non-government organisations
- Self-referrals

The service is voluntary and accepts referrals with the young woman's consent.

Referrals are made via:

breathingspace@centacare.org.au

or by making direct contact with the Program Manager or Senior Therapeutic Practitioner on 8303 6600.



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.



Centacare Catholic Family Services



About the Service

Breathing Space is an outreach program that provides individualised therapeutic case management and specialist trauma therapy, with cultural responsiveness and cultural safety at the foundation of all interventions.

Breathing Space partners with young women who have experienced the removal of a child/ren to identify their needs and hopes for the future and to create a supportive environment that recognises the impacts of grief and loss.

Trauma-responsive interventions are underpinned by a Therapeutic Framework designed to address the impacts of interpersonal and intergenerational trauma.

Breathing Space values the lived experience of each young woman and privileges the voices of young Aboriginal women to empower self-determination and promote the importance of culture.

Who do we support?

Breathing Space supports young women who, at the time of referral:

- are under 25 and have experienced removal of a child or children from their care
- do not have children in their primary care
- are not pregnant
- are willing to take a break from pregnancy

Priority is given to young women who have experienced out-of-home care placement themselves.

Where does the service operate?

Breathing Space supports young women living in the Local Government Areas of:

- Onkaparinga
- Marion
- Adelaide
- Eastern suburbs of Port Adelaide Enfield

How do we support young women?

Young women will receive intensive and individualised support from the Breathing Space multidisciplinary team:

- Therapeutic Case Manager
- Clinical Nurse
- Senior Therapeutic Practitioner

The service is supported by a Clinical Lead, Aboriginal Cultural Consultant and Financial Advocate.

What do we want to achieve?

The service aims to support young women to create 'space' for themselves to focus on their own life needs and strengthen their:

- Emotional, psychological and physical wellbeing
- Understanding of sexual health
- Family and community connections
- Relationships
- Identity, including their parental identity
- Agency and self-determination
- Resilience
- Confidence