



## Useful Numbers

Child Abuse Report Line	13 14 78
DV Crisis Line	1800 800 098
Homelessness Gateway	1800 003 308
Kids Helpline	1800 551 800
Lifeline	13 11 14
Parent Helpline	1300 364 100



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

### Children's Counselling Program

Adelaide, Elizabeth, Gilles Plains, Murray Bridge  
and Port Adelaide - 8215 6700  
Aldinga and Goolwa - 8215 6310  
Mount Gambier - 8303 6630

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

Funded by the Australian Government Department  
of Social Services

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

## Counselling for Children and Young People

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





## **We offer therapeutic services to children and young people aged 4 to 17 years, so they can find new ways to manage life's challenges.**

Children's Counsellors offer support and therapeutic intervention on issues impacting wellbeing: anxiety, depression, social skills, grief and loss, family issues/breakdown, relationships, neglect, violence and abuse. Counsellors work with a trauma informed and child focus.

Counsellors are committed to working respectfully and collaboratively with children, parents, caregivers and other service providers in ways that build on the individual's strengths. Any counselling with the child or young person is conducted with their consent.

Our therapeutic clinicians are trained in a range of trauma informed modalities including: **Play Therapy, Mindfulness, Sandtray Therapy, Narrative Therapy, Cognitive Behaviour Therapy and Groups.**

## **How can adults help?**

We may need support from family and caregivers in our work with children. This might include sessions with just the adults, sessions with children and adults together, or keeping in contact via the telephone. Your counsellor will discuss this with you when you meet.

For more information on our fee for service structure and concessions, please contact us.

## **Privacy and Security**

Children's Counsellors are committed to the protection and security of all personal information collected during the counselling process.

Strict guidelines ensure that information received is used only for the purpose for which it was intended.

If children are subject to family court orders, copies of the orders will be required before counselling can commence.

## **Confidentiality**

Children's Counsellors work with the understanding that children, young people and their families have a right to confidentiality and privacy. Centacare is committed to the protection and security of all personal information.

A child or young person's right to confidentiality is paramount except where their safety is of concern.

Children's Counsellors are legally required to report suspected child abuse/neglect, intentions of harm to others or self or any threats to safety or life.

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.

Please note we do not provide reports for family court purposes.