



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

Referrals

Breathing Space accepts referrals from many pathways including:

- Birthing hospitals
- Department of Child Protection (DCP)
- Child and Family Support System (CFSS)
- SA Government services
- Health Services
- Non-Government Organisations
- Department of Education
- Homelessness/Housing sector
- Self-referrals

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

Referrals are made via email to ChildrensServicesReferrals@centacare.org.au or by making direct contact with the Program Manager on 8303 6600.

Breathing Space

08 8303 6600

noarlungacentreadmin@centacare.org.au

www.centacare.org.au

A Pilot funded by Department of Human Services as part of the CFSS redesign.

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.

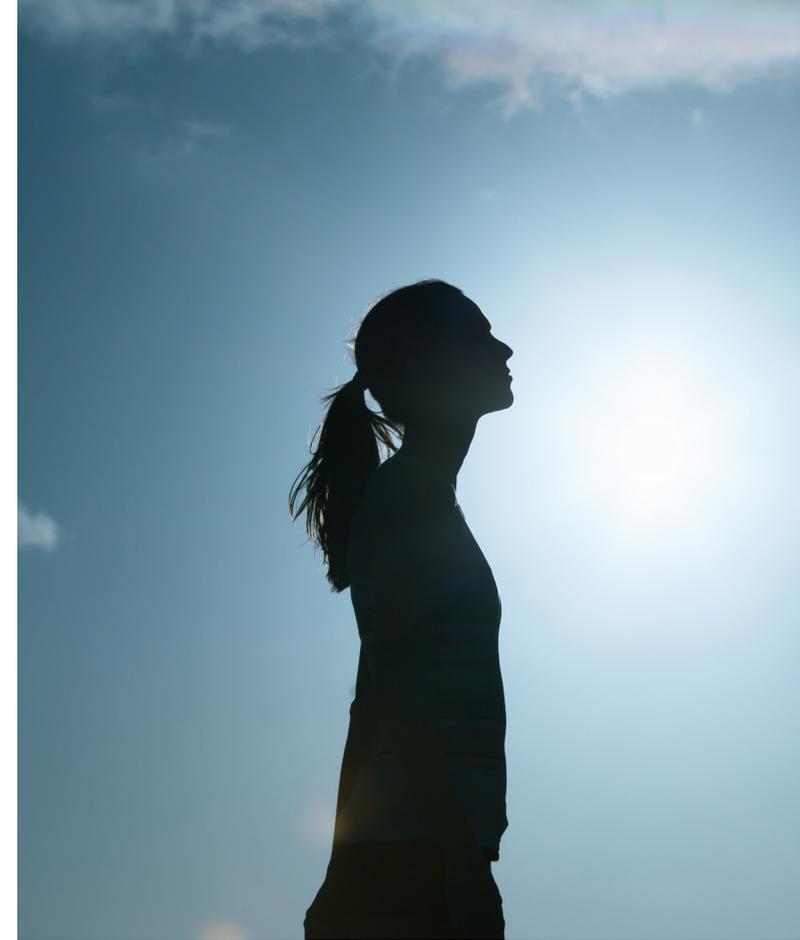


Statement regarding the traditional owners of the land

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

Breathing
Space



About the Service

Breathing Space is an outreach program that provides 1:1 therapeutic case management and specialist trauma therapy, with cultural responsiveness and cultural safety at the foundation of all interventions.

Specialist trauma therapy includes Narrative Exposure Therapy (NET), Adult Exploration of Attachment Interview (AEAI) and the Aboriginal Family Coping Toolkit - a narrative approach to healing.

Trauma responsive interventions are underpinned by a Therapeutic Framework designed and implemented by Psychiatrist Dr Jackie Amos.

Breathing Space will partner with young women to hear their lived experience and create an environment that allows them to heal from grief and loss, and address the impact of intergenerational trauma.

The service is underpinned by Aboriginal co-design criteria and will privilege the voices of young Aboriginal women who are engaged in the program to empower self-determination and promote the importance of culture.

Who do we support?

Breathing Space supports young women:

- Aged under 25 who have experienced removal of a child or children from their care
- Are at risk of repeat removals of children from their care
- Have no children in their care and are not pregnant at the time of engaging with the service
- Are willing to receive sexual health education and women's health supports

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

How do we support young women?

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

- Case Manager
- Aboriginal Engagement Worker
- Women's Health Nurse
- Financial Advocate
- Senior Practitioner

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

Where does the service operate?

Breathing Space supports young women living in the Local Government Areas of Adelaide, Marion, Onkaparinga and part of Port Adelaide Enfield.