



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

Adelaide, 45 Wakefield St | 8215 6700
Aldinga, Cnr Quinliven and How Rd | 8215 6310
Elizabeth, 34 Yorktown Rd | 8412 9570
Mount Gambier, 62 Gray St | 8303 6630
Murray Bridge, Office T3 2-6 Sturt Reserve Rd | 8215 6320
Port Adelaide, Cnr Ship & Vincent St | 8303 6660

counselling@centacare.org.au
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.



Centacare

Family Relationship Counselling

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



OUR PURPOSE

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

OUR SERVICES

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.

AREAS OF SUPPORT

- 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