



CatholicCare
Social Services

We're with you.

Counselling Services

We provide a range of professional family and relationship counselling services that are designed to meet the challenges of life and relationships.

Sometimes in life, we all need a little extra support.

- » Where adjustments may be needed in new relationships;
- » The move to parenthood;
- » Dealing with career changes or living locations
- » Relationship separations; or
- » Settling into retirement.

We provide a range of family and relationship education programs and personalised, professional and ethically-based counselling services to provide assistance with:

- » Forming new relationships;
- » Overcoming relationship difficulties;
- » Dealing with separation;
- » Parenting and the care of children.

Our highly qualified counselling staff can support you to build positive relationship habits, manage conflict and strengthen your relationship aspirations. We will welcome you, respect your culture and beliefs and supportively work with diverse relationship and family arrangements.

The Process

- » Involves learning to understand yourself and assist in clarifying problems, goals and objectives. The process of self-awareness, problem-solving and cognitive restructuring takes time to achieve.
- » Some clients may only need a couple of counselling sessions

PLEASE NOTE: All Counsellors at CatholicCare are accredited Family Counsellors, conducting family counselling as set out in section 10B and 10C (1) respectively of the Family Law Act 1975 (Cth) ("the Act"). Therefore, all communications with your Family Counsellor are confidential and not admissible in court.

to achieve their goals, while others may require sessions over an extended period – every individual experience is different.

Outcomes

If counselling is successful, you should feel that you are able to face life's challenges in the future without continued support or intervention.

Qualified Staff

Our team of counsellors have a wide range of qualifications, accreditations and experience and regularly attend professional development opportunities to keep up to date with evidence-based practices, skills and techniques.

Confidentiality

During the counselling process, confidentiality is maintained for clients. This is standard procedure and practice is for all clients, regardless of age or background, except in the following circumstances:

- » When you provide written consent, we may share information outlining the times/dates of the sessions you have attended;
- » The Counsellor determines that you are a danger to yourself (e.g. self-harm or suicide), to others or someone is a danger to you;
- » The Court orders that the information is disclosed;
- » Or in a situation in which harm/risk of harm to children is disclosed – our counsellors have a duty of care to report this harm to the appropriate authorities.

Should any of the above circumstances occur, the counsellor will take all steps possible to inform/discuss any confidentiality issues with you.

Data Collection

Our counselling services are partially funded by the Australian Government Department of Social Services, and therefore we need to collect some data to enable the Department to conduct performance reporting and research relating to the services.

About CatholicCare

Empowering individuals, families and communities to overcome the challenges of life.

As the social services agency of the Catholic Diocese of Toowoomba, CatholicCare provides a range of services to promote individual, family and community wellbeing through the Darling Downs and South West Queensland. CatholicCare supports all clients in an inclusive environment that welcomes diversity.

CatholicCare are welcoming of and support/work with clients from:

- » All cultural backgrounds including refugees, migrants and new settlers to Toowoomba
- » Aboriginal and Torres Strait Islander background
- » All religious and spiritual beliefs
- » All relationships and family structures

➔ Like to know more?

Email hello@catholiccare.services or call 1300 477 433 to find out more about this service.