



**CatholicCare**  
Social Services

We're with you.

# Counselling

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

Our vision is to create a community of kindness and justice that promotes individual, family and community wellbeing. We provide a range of professional family and relationship counselling services, parenting education programs and Employee Assistance Programs that are designed to meet the challenges of life and relationships.

## **SPARK (Separated Parents Are Raising Kids)**

This program provides counselling to assist post-separated parents who can often find it challenging when it comes to raising children.

We can assist with support that expands communication skills, helps navigate conflict management and the court system and develops your understanding of attachment parenting and blended family structures.

## **Family and Relationship Counselling**

Our highly qualified counselling staff work with you to manage conflict and build positive relationship habits that support your relationship and family arrangements.

We can assist with new relationships and parenthood, career changes or living locations, even separation or retirement.



## EAP – Employment Assistance Program

A healthy workplace culture requires productive employees. Our EAP Program supports local businesses and agencies who care about the wellbeing of their staff. We can assist with on site critical incident response support, confidential short-term counselling services and workplace mediation.

An employee's mental health can greatly affect their overall job performance. Using preventive and proactive interventions, we assist with identifying and resolving the work and personal problems that can adversely affect work performance and overall wellbeing.

### Benefits of an EAP include:

- » Improved work performance and productivity
- » Increased staff retention
- » Reduced absenteeism
- » Resolution of work-related problems

### Our EAP covers topics including:

- » Work-related issues
- » Financial and legal referral
- » Emotional stress, anxiety, conflict, tension and depression
- » Grief and bereavement
- » Child and family issues
- » Personal trauma
- » Health and lifestyle issues
- » Separation, divorce or relationship difficulties

## 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?

For an obligation-free conversation about how this mediation service might support your family throughout this difficult time, please call 1300 477 433.

☎ 1300 477 433 @ enquiries@catholiccare.services

🌐 www.catholiccare.services ✉ 502 Ruthven Street, Toowoomba Qld 4350