



## Our **Vision**

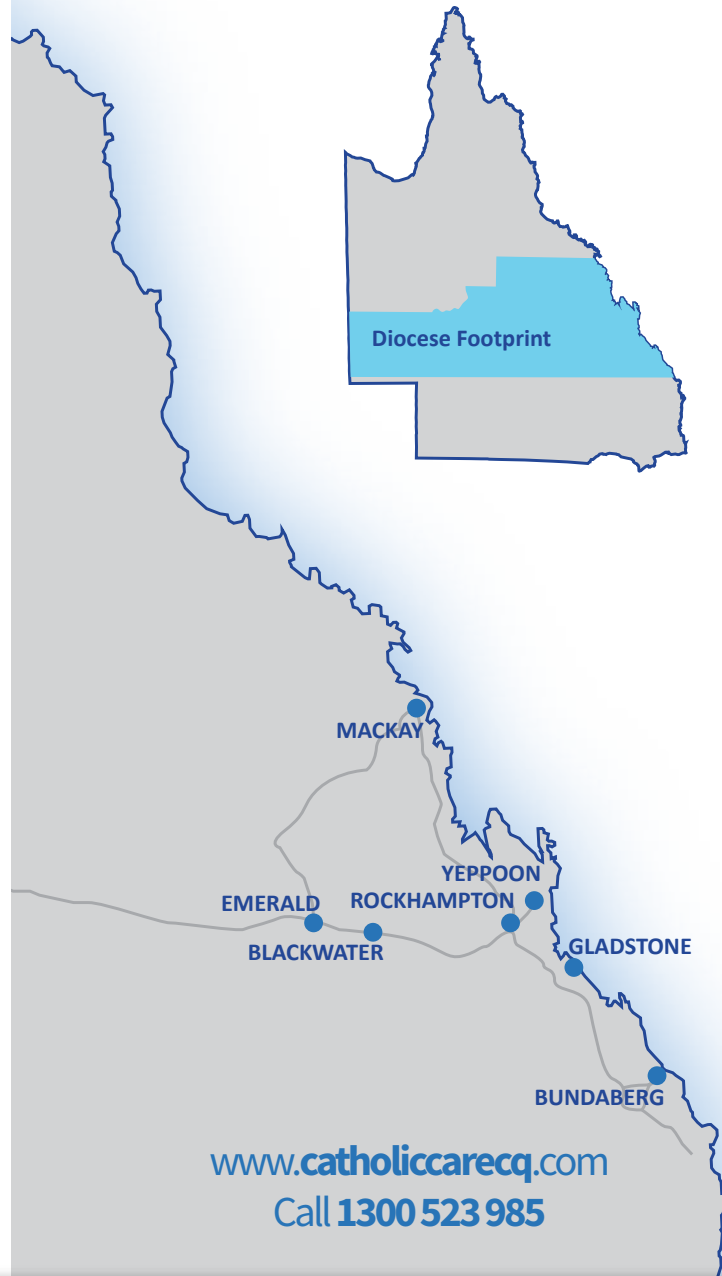
To be the first-choice provider of professional community services in the Catholic Diocese of Rockhampton.

## Our **Mission**

To share in the healing ministry of Jesus, by providing professional community services to enhance the wellbeing of individuals and families.

## Our **Support Areas**

With offices across Central Queensland, a member of the CatholicCare team is never far away.



**CatholicCare**  
CENTRAL QUEENSLAND

# Family **Support**



**You**  
*matter*

## What is Family Support?

CatholicCare assists families, children, parents and individuals to gain knowledge, skills and resources to enhance their wellbeing and create a safe and caring family environment.

The purpose of this program is to support vulnerable children, young people (unborn to 18) and their families to improve their safety and wellbeing, and to preserve the family unit.

CatholicCare values and supports families as the primary place of nurturing for children and adults.

### This program aims to:

- Develop parent knowledge and skills to care for and nurture their children
- Manage and resolve complex family issues and improve family resilience
- Access a range of services that can provide helpful resources for families.

## Family Support Services

Our aim is to respond to the needs of children, young people and their families. This includes single and two parent families, kinship carers, guardians and extended family members with children 0 -18 years living in the same house.

Sessions last approximately one hour. The number of sessions will depend on your needs, and they will proceed at your pace.

### Services can help:

- Parenting skills and strategies
- Stress management
- Conflict resolution
- Planning and managing a budget
- Grief and loss
- Problem solving skills.

# Creating a safe and caring environment for every family



## Making an Appointment

To book an appointment, or for more information, call CatholicCare on 1300 523 985.


Family Support Services are offered in Childers, Gin Gin, Emerald, Rockhampton and Yeppoon. This service is free to eligible families. Please discuss your eligibility with us.

CatholicCare's Family Support Services are funded by the Department of Communities, Child Safety and Disability Services.

CatholicCare actively encourages Aboriginal, Torres Strait Island and Australian South Sea Island people and people from other cultural and ethnic backgrounds to access our services.

## Get Started Now

 **Online at:** [www.catholiccarecq.com](http://www.catholiccarecq.com)

 **Call:** 1300 523 985

 **email:** [admin@catholiccarecq.com](mailto:admin@catholiccarecq.com)

