

Counselling

Catholic Care believes in doing everything we can to help individuals, couples, families, children and young people of diverse backgrounds to better manage change. We all have times where we feel stressed by something in our lives or weighed down by our troubles.

At Catholic Care we understand how life's pressures can impact our wellbeing, so if you're feeling overwhelmed or down, we can help you with tools to strengthen your mental health and start feeling better.

Whether that means keeping your family together, taking a positive approach to separation, coping with grief and loss, or helping you and your children manage the stresses of life, we have the people, the resources and the support to help you make it through.



**catholic
care**
WESTERN SYDNEY AND THE BLUE MOUNTAINS

Family Counselling

Have a chat or book an appointment now.

📞 02 8843 2500

📍 catholiccarewsbm.org.au

@ enquiries@catholiccarewsbm.org.au

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WESTERN SYDNEY AND THE BLUE MOUNTAINS

What support do we offer

Support for families dealing with a range of stress such as health, financial, mental health, grief and loss.

Support to help you manage issues during marriage, separation and divorce.

Support for families experiencing, or at risk of, family violence.

Support for significant others who have caring or other relationship responsibilities.

Family and Relationship Services & Family Law Counselling

Family and Relationship Services aim to strengthen family relationships, prevent breakdown and ensure the wellbeing and safety of children through the provision of family counselling and education programs.

Family Law Counselling is to help people with relationship difficulties better manage their personal or interpersonal issues, relating to children and family during marriage, separation and divorce

Who do we support

We support individuals, couples, families, children and young people residing in the Western Sydney and Blue Mountains areas.

Some examples:

- couples forming long-term relationships
- families experiencing relationship issues or at risk of breakdown
- families with children at risk of abuse or neglect
- families experiencing disadvantage or vulnerability

We also support significant others such as grandparents and kinship carers who have caring or other relationship responsibilities. We focus on the needs of children.

What do we provide

Counselling, Therapeutic Intervention, Education Programs, Information & Referral.

We deliver various parenting and educational programs based on the needs of our clients and the community.

- Keeping Kids in Mind
- Circle of Security Parenting
- Tuning into Kids
- Tuning into Teens



Where we are

- Blacktown
- Parramatta
- Penrith

We also provide counselling via online & phone.