

**ACCORDING TO OUR POLICY AND PROCEDURES:**

- **Counselling is conducted in a discreet location**
- **Interviews last about one hour**
- **The service is provided for the whole community and meets standards with respect to access and equity**
- **We see couples, individuals and families**
- **While a fee for service is chargeable based on income level, consideration is given if clients are experiencing payment difficulties.**

**For an appointment please contact your nearest :  
CENTACARE OFFICE,  
as listed below:**

**BEGA OFFICE**

25 Canning Street

PO Box 871  
BEGA NSW 2550

**02 6492 4203**

**MORUYA OFFICE**

64 Campbell Street

PO Box 477  
MORUYA NSW 2537

**02 4474 4158**

**ALTERNATIVELY,  
CONTACT US  
THROUGH OUR  
CANBERRA OFFICE  
ON**

**1800 800 517**



Centacare  
Archdiocese of Canberra and Goulburn

**FAMILY AND RELATIONSHIP  
COUNSELLING SERVICES FOR  
NSW SOUTH COAST  
AND REMOTE REGIONS**

Centacare is a welfare organisation approved under the Family Law Act to provide Family and Relationship Counselling. This program is partly funded by the Australian Government Department of Families, Community Services and Indigenous Affairs - FaCSIA

**Family and Relationship Counselling offers individuals, couples and families an opportunity to explore and develop solutions to managing relationship issues and difficulties**

### **RELATIONSHIP COUNSELLING CAN INCLUDE:**

- **Building Relationships**
- **Conflict Resolution**
- **Improving Communication**
- **Coping with change**
- **Coping with loss**
- **Step parenting**
- **Parenting after separation**

### **WHEN SHOULD COUNSELLING BE CONSIDERED?**

**When you:**

- **Want to improve your relationship**
- **Are experiencing difficulties or conflict**
- **Are living with violence**
- **Are trying to cope with separation or divorce**
- **Are thinking of remarrying**
- **Are having difficulties as a new step family.**

### **HOW DO COUNSELLORS HELP?**

**Counsellors help by:**

- **Listening carefully to what is troubling you**
- **Assisting you to explore your options to change**

- **Supporting you while you try changes to improve your relationship**
- **Helping you as parents to provide ongoing support to children**
- **Helping you as individuals to minimise the pain should you decide to separate or divorce**

### **OUR COUNSELLORS ARE PROFESSIONALLY TRAINED TO:**

- **Actively listen**
- **Be non-judgmental**
- **Be sensitive to individual and cultural differences**
- **Respect you and your family's values**

