



Our Programs

September 2022



Our Organisation

Centacare is the official social services arm of the Catholic Diocese of Bathurst providing a range of professional services to assist individuals, families, children, and communities in the Central West and Orana region of New South Wales. We are a charitable, not-for-profit agency and is for everyone

Our Vision

A society in which there is full recognition of the rights and responsibilities of all, a community that values families and relationships and promotes dignity, equality, respect, and participation of all, especially the vulnerable and disadvantaged.

Our Vision

With Jesus Christ as our inspiration and guide, we provide services to empower communities, families, children, and individuals to thrive.



Family Relationship Services

We believe families are the foundations of our society.

Families come in all shapes and forms. We support them through relationship counselling, family therapy, and other programs to strengthen their skills and capacities so that they thrive.

We receive financial support from the Australian Government for the provision of this service.

Mental Health Services

We assist people going through mental health issues, traumatic life events including grief and loss, and personal crises are assisted through our counselling and group programs.

We accept referrals under Medicare Better Access scheme



Pre Marriage Education

We prepare couples for their lives together. We offer marriage preparation programs for couples planning to get married

The programs help couples to explore the different aspects of their relationship like communication, spirituality, intimacy, value system, parenting, family of origin, and financial management. The program facilitators guide couples in their exploration and preparation without taking on a counselling role. Programs like 'To Us' are run in groups, for more information click Enquire Now below. These programs are popular with couples who are already married or in a committed relationship.



Family Dispute Resolution

Separation and divorce are stressful and painful times for families.

We help parents to work together in the best interests of their children and assist them to work out their post separation parenting and property settlement.

Centacare is an organisation approved by the Federal Attorney General's Department to provide family dispute resolution services.

**A centre of
Care for
communities,
families
and
individuals**



Employee Assistance Program

At times people experience problems of both a personal and professional nature that can impact on their work performance. Centacare counsellors can provide assistance with issues arising in the workplace or the home such as anxiety and depression, workplace conflict or disharmony, coping with organisational change and ongoing stress. We provide these services for organisations with whom we have a service agreement.

Schools Wellbeing Program

In partnership with Catholic Education Diocese of Bathurst (CEDB), the School Wellbeing Program is a service offered by Centacare to foster the wellbeing of students, staff and school communities across the 33 Diocesan schools. It aims to support school communities in improving and enhancing the conditions for learning for all students.

Counsellors play an important role in the School Wellbeing Program through professional support that may include short term one-to-one counselling, group program facilitation and parent/caregiver meetings and workshops. Support is also available for critical incidents and case management.



Family Law Pathways

Family Law Pathways Networks a national network for professions working with families who are separating, or have separated. It is funded by the Attorney-General's Department and managed by a local steering committee which draws expertise across government, non-government and legal organisations.

The Network is the primary organisation bringing together all public, community and private service providers, including the Family Law Judiciary, Family Relationship Service providers, Therapists, Private Legal Practitioners and Mediators, Legal Aid NSW, services in the Family and Domestic Violence, ATSI, and mental health sectors, and Community Legal Centres.

Community Outreach Wellbeing Support

We are committed to supporting our rural communities through adversity, such as drought, floods, bushfires and mice with services, wellbeing events and referral pathways. One example is our yearly commitment to bring our counselling team to the local Agricultural Shows in the Warrumbungle, Gilgandra and Coonamble Shires.

Aged Care Visitors Scheme

The Aged Care Visitors Scheme provides trained and friendly volunteer visitors to older people in our community at risk of social isolation in local Aged Care Facilities across our region.

Centacare is always looking for volunteers to take up this worthwhile and rewarding role. We provide the connection, training and ongoing support.



Outside of School Hours Care (OSHC)

OSHC provides children with a welcoming, safe, and enriched environment with activities tailored to their interests. We make sure children have a say in planning and designing the activities.

Our OSHC services are operated in collaboration with Catholic Primary Schools on site. The services are open to children from other schools.

All sites have indoor and outdoor spaces, access to sporting and play equipment, arts and craft, games, and lots of fun activities. Children are provided a light breakfast (before school hours care) and afternoon tea (after school hours care).

Home Interaction for Parents & Youngsters (HIPPY)

HIPPY is a home-based early learning play-based program that empowers parents, carers, grandparents' carers and children alike. HIPPY is provided for 3-year olds for the two years before starting big school. Children gain skills and confidence through a range of fun learning activities which sets them up for success and a positive start to big school.

The HIPPY program encourages a love of learning through play and uses a number of strategies that make the most of everywhere learning without having purely a focus on traditional education practices. It builds self-esteem and confidence in parents and carers to be involved and enjoy their child's development and ongoing education. It gives a great head-start for the children in their journey of learning.

Early Childhood & Community Programs

We support families to help children to grow, learn and thrive, enabling them to participate more fully in their community with increased confidence. We appreciate and celebrate the diversity, uniqueness and strengths of all children, parents and families.

We believe that families are truly important and irreplaceable - not just to parents, carers, children and your family, but to the whole community; because stronger families means stronger communities! That's why we're here for you.

Wellbeing Programs

Rhythm2Recovery (R2R) is a drumming program, using djembe drums, using rhythmic musical activities to support social and emotional development. This fun approach helps with emotional regulation, improves social connection and reduces levels of anxiety.

Power Hour is a strengths-based wellbeing program for primary and early high school aged children in Years 5-8 helping them identify their own strengths and improve confidence. Fun activities around Social Skills, Resilience, Self-Esteem and Healthy Relationships to support transition into high school.

Lions Quest and Social and Emotional Learning (SEL) is a social and emotional learning program delivered in schools and early childhood services. Social and emotional skills are necessary to understand and manage emotions, set and achieve goals, feel and show empathy for others, establish positive relationships, and make positive decisions.

Breakfast club provides free cheese toasties for children attending Coonabarabran Public School and assist at a Bathurst-based primary school with their school's breakfast club.

Sharing Aboriginal Culture with Littlies this program is designed for young children in early learning settings and also for primary school aged children. They share and enjoy stories, art and culture, learn Aboriginal symbols and much more. The program can be adapted to meet the age and needs of the children and is delivered to small groups.



Social Skills

Playing And Learning to Socialise (PALS) is a fun social-skills learning program that uses Australian animal puppets, songs and video and is followed by a fun activity as part of every session. Young children aged 3-6 years old in early learning centres to learn how to greet others, how to listen, share and take turns as well as how to ask for help and have empathy, overcoming fear and anxiety, managing frustration and calming down and speaking up.

Kids Play is a free drop-in play session for littlies under school age. It's held fortnightly from 10am-11am in Machattie Park George Street Bathurst during school term. Children and parents/carers enjoy fun games, activities, music, story time, parachute play and more.

Playgroup is free for parents, carers, grandparents and young children to meet and participate in fun, learning and social activities together. Playgroup helps build friendships and find out what's available in their community.

Drop-In at Coonabarabran provides a range of activities for children, young people to actively engage with after school. Children, young people participate in activities and learn new skills, plus increase wellbeing and sense of belonging to their community.

RAGE is a 6-week program for adolescents that introduces the topics of: reflecting on anger, recognizing anger symptoms and identifying the different faces of anger. It is solution focused, hands on, practical and also fun for participants.

Feeling Fantastic is a 6-week program that helps adolescents understand their feelings and emotions such as anxiety and depression and learn how to express these emotions as opposed to internalising them. Other emotions such as fear, frustration, anxiety, embarrassment and feelings of depression can be the primary emotion, understanding and knowing how to vent these emotions in healthy ways.

Social Skills

Family Fun - We provide free fun games and activities during school holidays for children and families in their community to have fun together and create lasting childhood and family memories. All equipment and materials are provided and everything is free. It could be held in a park near you!

- Fun and Games Day we bring games and activities for children and families to enjoy.
- Drumming for Fun is free for children and families.
- Craft Day free for children and families to create, paint, draw, weave, design and more.
- Community events – We organise community events for our communities and families to connect and celebrate



Learning & Support

We provide a range of programs and support for mums, dads, carers and grandparents to help children to grow and learn. We know parents are experts regarding their own children and we provide a range of opportunities and activities to help parents support and encourage their children to grow and learn.

Customised programs for parents, carers, grandparents we can work to devise an information session, workshop or program to meet your needs on topics that are relevant to you. Contact us today to see how we can help.

Individualised support can be provided to help parents, carers and grandparents complete enrolment forms, attend meetings with the school and much more. It's designed to be flexible to meet the individual needs of the parent, carer, grandparent and family. Contact us to find out more.

Harnessing Wisdom is a self-care wellbeing program developed by Centacare Bathurst based on the 'oxygen mask' analogy to highlight the importance of understanding and caring for yourself so you can better care for others and build stronger, more positive relationships. It enhances understanding and acceptance of our own strengths, hopes, relationships, values, stories and goals.

Diffuse Anger Management - this course is for parents and carers who may struggle with strong emotions. It offers participants an explanation of anger, how it might affect their life and relationships and how they can manage it and live a calmer life.

The course runs over six weeks and covers:

- Anger as an emotion
- Why we get angry
- What strategies we can use
- Ways to communicate effectively with others
- How to decide whose problem it is



Learning & Support

Tuning Into Kids and Tuning Into Teens - is an evidence-based program designed to support and help parents teach their children or teen to control, understand and express their own emotions in healthy and positive ways. Tuning Into Kids/Teens helps parents recognise, understand and respond to their child's emotions, which in turn helps them manage their own emotions.

Circle of Security - at times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Trained facilitators work with parents and care-givers to help them to:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honour the innate wisdom and desire for their child to be secure

Learning & Support

Transition to School is an important milestone and process that can be a confusing and uncertain time for children and parents alike. Ask how we can help you or ask about our activities and information sessions Starting Big School, are we ready?

Parents as Teachers (PAT), we take a holistic approach to strengthening families. We deliver PAT through our Children Under the Stars Learning Circles, providing services to pregnant women and families with children from birth through kindergarten. PAT aims to:

- Increase parent knowledge of early childhood development.
- Improve parenting practices, increasing children's school readiness and success.
- Provide early detection of developmental delays and health issues.
- Prevent child abuse and neglect.
- Help states, territories and tribal entities develop and implement home visiting programs that improve the health and well-being of families with young children.

Keeping Children Safe – is a course for parents and carers who may be at risk. It is designed to promote the care and protection of children and young people. The course aims to empower participants by increasing their knowledge and understanding of the issues involved and how abuse and neglect affect children and what they can do to prevent it.

The course covers:

- Types of abuse and its effect on children & young people
- Keeping children safe in their home and in the community
- Teaching Protective Behaviours
- Building children's self esteem
- How services can support families and their children



Centacare

CENTRAL WEST & ORANA

Social services arm of the Catholic Diocese of Bathurst

Head Office

107 William Street

BATHURST NSW 2795

(02) 6331 8944

centacare@centacarebathurst.com.au

www.centacarebathurst.com.au