

CENTACARE Community Counselling and Individual Support Program Aims To:

- > build on strengths already existing within individuals,
- > provide individuals the opportunity to be actively involved in setting and reaching goals,
- > assist individuals to develop skills to access services and supports which best meet their needs,
- > empower individuals to develop healthy relationships and enhance life skills parenting and enhance family dynamics.



Mission Statement

CENTACARE is the Catholic Church reaching out to Individuals and Families seeking assistance. We respond out of our commitment to the Gospel values of dignity, respect and justice for all and offer a range of professional counselling, support and related services in partnership with the community and governments.

Funded by the Department of Communities

Our Offices



Centacare

*A Mission of
the Catholic
Diocese of
Townsville*

BOWEN

52 Herbert Street, Bowen
PO Box 826, BOWEN Qld 4805
P> (07) 4786 4158
F> (07) 4786 4266
E> centacarebowen@bigpond.net.au

TOWNSVILLE

410 Ross River Road, Cranbrook
PO Box 1362, Aitkenvale Qld 4814
P> (07) 4772 9000
F> (07) 4755 0322
E> centacare@tsv.centacare.org.au

MOUNT ISA

2 Corbould Street, Mount Isa
PO Box 1375, MOUNT ISA Qld 4825
P> (07) 4743 4449
F> (07) 4743 1157
E> cfs@isagsp.centacare.com.au



**COMMUNITY
COUNSELLING &
INDIVIDUAL SUPPORT
BOWEN**



www.jasper-design.com (07) 4725 8027

What area do we cover?

Based in Bowen we offer an outreach service to Collinsville and Scottville.

What can CENTACARE Bowen offer you?

We are able to work together on issues which may include some of the following:

- Conflict
- Changes
- Stress
- Drug / Alcohol concerns
- Depression
- Financial difficulties
- Relationships
- Children & Youth
- Career Guidance
- Relationship Enhancement



How can CENTACARE Bowen assist you?

Centacare Bowen can:

- Provide individual counselling
- Assist people to link in with other agencies and community supports
- Develop life skills
- Develop awareness and educate on a number of issues that may impact on individual's functioning
- Develop group sessions on a variety of topics
- Provide guidance on career paths, life coaching
- Support and enhance relationships

What is the cost?

All services under the Centacare Community Counselling and Individual Support Program are offered free of charge.

Client Confidentiality

All information shared between you and your Centacare counsellor will be maintained as confidential within the limits of our legal duty of care obligations and professional ethics.

Please ask your counsellor to clarify this if you are unsure what it means.

Client Privacy

Client interview rooms are provided on the premises for your privacy.

When conducting interviews off the premises Centacare staff will ensure the setting has adequate privacy so discussions cannot be heard.

Other services include:

- > Employee Assistance Program
- > Personal Support Program