



CatholicCare
Social Services

We're with you.

Our Services

Sometimes, in life, we all need a little extra support.

At CatholicCare, we're with you.

From humble beginnings in 1983, we now service an area in excess of 480,000 km².

Our vision is to create a community of kindness and justice that promotes both the individual and family well-being.

We provide personalised, professional and ethically based family/relationship counselling, mediation and relationship education services, aimed at helping you navigate the tough spots throughout life.

Family Services

→ Family and Relationship Counselling

Relationships can be hard work and at times, we all need some support to help us get through life-changing events. We respect and support your needs. We help you to build positive relationships and manage conflict.

→ Parenting Programs

We also have programs to help parents experience the rewards of raising well-rounded kids.

SPARK assists post-separated parents finding it challenging when it comes to raising children. Together, we navigate through communication skills, conflict management, the court system, attachment parenting and blended family structures.

Bringing up great kids helps parents build positive, connected families, develop confidence and parenting skills and manage stress and family conflict.

→ Mediation | Family Dispute Resolution

Families overcoming relationship difficulties and dealing with separation need help too. We can assist separated parents and families to negotiate and agree on workable parenting arrangements. Our focus is safety and the best interests of the children. Our process assists families to understand their children's needs following separation and to develop age appropriate Parenting Plans.



EAP (Employment Assistance Program)

The mental health of an employee can greatly affect their overall job performance.

Our EAP Program is a confidential, short-term counselling service that supports many local businesses and agencies who care about the wellbeing of their staff.

A healthy workplace culture requires productive employees. We provide proactive and preventive interventions that assist, identify and resolve work issues and personal problems adversely affecting work performance and overall wellbeing and team morale.

We also provide workplace mediation that enables organisations to manage conflict effectively. Our aim is to improve the communication between individuals and teams.

When a crisis occurs, our EAP provides organisations with on-site critical incident response support. We provide short term counselling for employees affected by the incident.

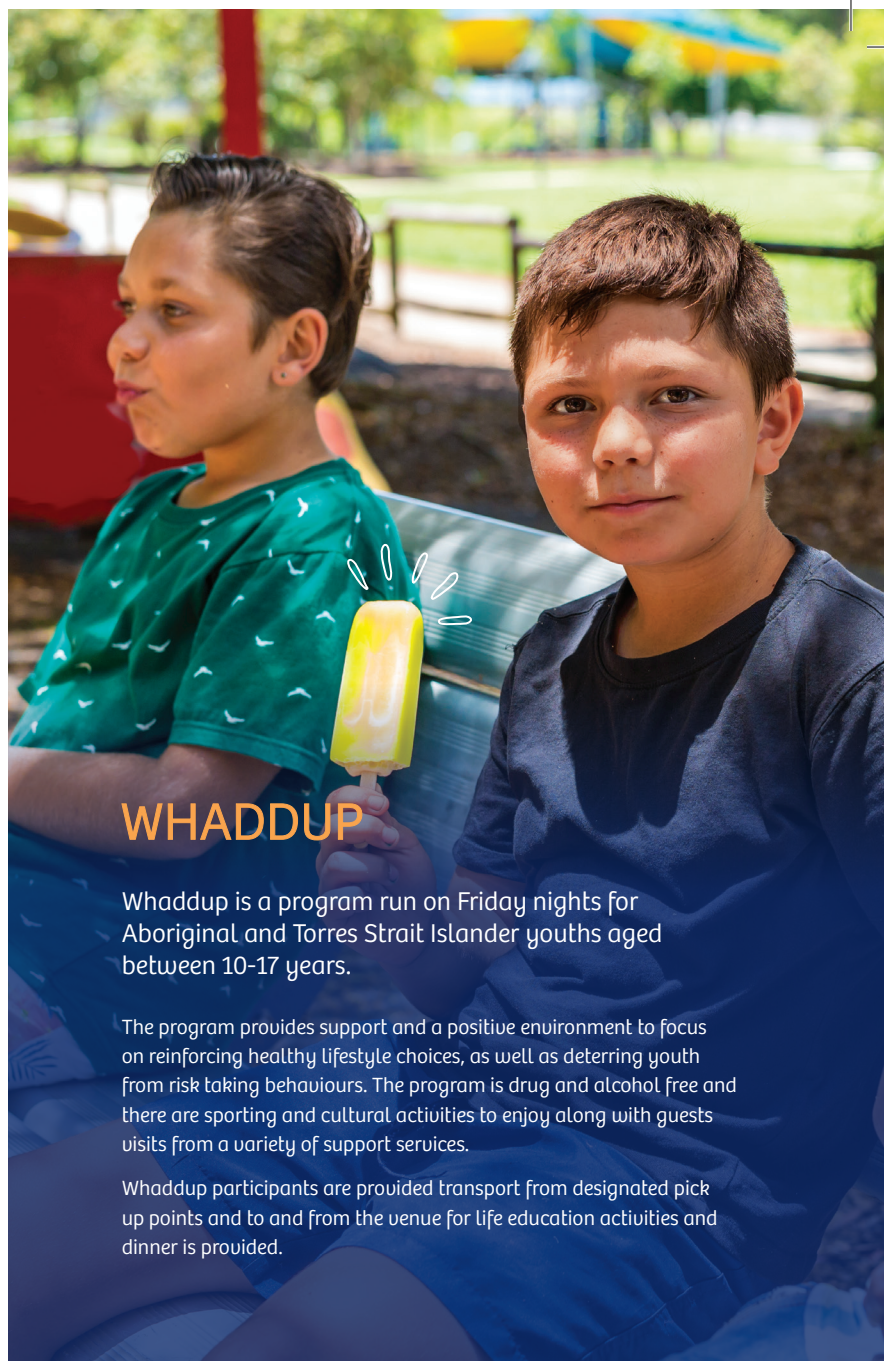
TRAMS (Toowoomba Refugee and Migrant Support)

Our guiding values inform the way that we relate to the community.

Our program provides refugees and migrants with various support services regardless of status, to get settled into our Toowoomba community life as soon as possible.

Support Includes:

- » Casework support for everyday living, forms and government departments
- » Group information sessions
- » Women's support
- » Referrals to access other community support services



WHADDUP

Whaddup is a program run on Friday nights for Aboriginal and Torres Strait Islander youths aged between 10-17 years.

The program provides support and a positive environment to focus on reinforcing healthy lifestyle choices, as well as deterring youth from risk taking behaviours. The program is drug and alcohol free and there are sporting and cultural activities to enjoy along with guests visits from a variety of support services.

Whaddup participants are provided transport from designated pick up points and to and from the venue for life education activities and dinner is provided.

Volunteering and Donating

Volunteering with CatholicCare

Our volunteers generously donate their time to assist and support our staff across a variety of rewarding responsibilities, roles and activities.

Our volunteers share in the fun, respect and compassion we extend to welcome and foster hope in our community.

Donating to CatholicCare

Donations help us to provide support to individuals facing challenges within our community.

Your donations provide services that can empower individuals, families and communities and include homework programs for children, reconciliation for refugees and migrants, relationship challenges for individuals and skills workshops for disadvantaged parents.

Contact Us

☎ 1300 477 433

@ enquiries@catholiccare.services

» TOOWOOMBA (Head Office)

502 Ruthven Street,
Toowoomba Q 4350

» DALBY

Myall Youth and Community Centre
28A Nicholson Street, Dalby Q 4405

» CHARLEVILLE

102 Alfred Street,
Charleville Q 4470

» ROMA

36 McDowall Street,
Roma Q 4455

» ST GEORGE

119 Victoria Street,
St George Q 4487

» WARWICK

73 Dragon Street,
Warwick Q 4370

To contact the Toowoomba Family Relationship Centre, please call 1300 248 348.