



Volunteer Companion Training

As more people in our community experience loneliness or life challenges, our Volunteer Companion Training program equips parishioners with the essential skills to provide real support to those in parish and the community in general.

Training covers:

- ✔ **Helpful things to say and listen for when attending to someone upset and grieving:** Providing support through meaningful conversations when you are not a counselor or psychologist
- ✔ **Understanding Emotional & Practical Needs:** of those facing loneliness, grief, or change.
- ✔ **Maintaining Healthy Boundaries:** Supporting others while looking after your own wellbeing.
- ✔ **Creating a Caring Parish Community:** Strengthening connections within your parish.

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CatholicCare
SYDNEY

Communities of Care

Helping individuals and families access support, build confidence, and foster a sense of belonging at every stage of life in conjunction with parishes.



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What is Communities of Care?

CatholicCare Sydney partners with parishes to create welcoming, connected communities where individuals can access support, education, and meaningful companionship.

The Communities of Care program assists parishes across the archdiocese in building supportive communities that connect people, combat loneliness, and foster a sense of belonging and the presence of Jesus in their lives.

Through tailored programs, we equip parishioners with the tools and knowledge to support one another in practical and life-enriching ways.

Our Programs:

- ✓ Ageing Well Masterclasses
- ✓ Health and Wellbeing Talks
- ✓ Be Connected: Digital Safety and Scams Workshop
- ✓ Volunteer Companion training
- ✓ Bereavement Support



Ageing Well

Live life to the Full

Ageing is a journey filled with changes, but with the right knowledge and support, it can be a time of enrichment and growth. Our Ageing Well sessions provide practical tools and guidance to help seniors stay active, independent, and engaged.



Maintaining Independence

Learn strategies to stay active, engaged, and self-sufficient.



Wellbeing & Lifestyle Tips

Discover ways to nurture your physical, mental, and spiritual health.



Accessing Support Services

Understand available resources, including home care and community programs.

Be Connected

Technology is essential for staying connected, accessing services, and managing everyday tasks—but it can feel overwhelming. Our Be Connected program provides hands-on workshops designed to help seniors feel comfortable using digital devices.

What You'll Learn:

- ✓ **Online Safety & Security** – Learn how to protect yourself from scams and safely browse the internet.
- ✓ **Using Smartphones & Tablets** – Master the basics of calling, texting, emailing, and video chatting with family and friends.
- ✓ **Accessing Online Services** – Discover how to use government and banking websites securely and efficiently.
- ✓ **Social Connection Through Technology** – Learn about apps like WhatsApp, Zoom, and Facebook to stay connected with loved ones.