



How can I help my child get the **most** out of school?

Who will take Mum **shopping** while we're at work?

Is there someone who can help my family stop **arguing**?

I think I need to stop **drinking** - where can I get help?

Our couple problems seem to be **hurting** the kids. Who can help?

For help finding help.

Relationships. Parenting. Ageing.

Disabilities. Addictions. Mental Health.

CatholicCare is the social services agency of the Archdiocese of Sydney. Our greatest wish is to see the people in our communities thrive, irrespective of beliefs and abilities.

We provide counselling services for Catholic Schools across Sydney, helping children and young people to learn and flourish so they can reach their full potential.

We also help Sydney families with relationships, parenting, ageing, disabilities, addictions and mental health concerns.

Our services cover every stage of life.

*For more information about our service centre locations,  
call CCareline on 13 18 19*



*Working in partnership with*

Sydney Catholic Schools



# Our Services

## Children and Young People

We provide care for children and young people so they grow and thrive within a loving home.

### Services include:

- Finding homes for children who need immediate care, short-term care or adoption
- Help for children and young people when they face problems or crisis
- Counselling in schools to help children and young people reach their full potential
- Tailored services for children and young people living with a disability
- Supported playgroups for children with a disability in South West Sydney
- Intervention counselling and aid for children who have been sexually assaulted
- Helping young people who face disadvantage, progress through independent living
- Services for young people to engage in education, build personal skills and find employment
- Services for school leavers with a disability or mental illness who have NDIS plans and want to learn job skills and find work



## Families and Individuals

We help individuals and their families who are experiencing challenges with relationships, parenting and separation.

Our services are caring, confidential and tailored to each unique situation.

### Services include:

- Practical advice and emotional support through pregnancy and for new parents
- Advice on understanding natural fertility
- Counselling services to enrich relationships and marriages
- Professional mediation for families affected by conflict and disputes
- Help for families going through the stresses of separation
- Advice for men seeking harmony in family relationships
- Professional counselling, education and advice for parents
- Professional advice for individuals and families facing problems or crisis
- Adoption services and foster care for children who cannot live safely at home
- Assistance for families impacted by gambling, alcohol and other drug use

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## Seniors

We provide dependable care services for seniors, helping them to enjoy living independently in their own homes with comfort and confidence.

Our professional, locally-based staff offer choices to suit individual needs.

We offer four levels of Home Care Packages in Sydney, many of which are subsidised by the Government. The first step is to contact us and we can assist in arranging assessment through My Aged Care.

### Services include:

- Tailored Home Care Packages
- Help with everyday tasks such as shopping, housework or attending social events
- Assistance at home to retain dignity and independence
- Help with day-to-day personal care and safety at home
- Qualified and caring nurses for healthcare at home
- Giving respite to carers and providing support when experiencing challenges



## Community Services

From employment through to health and everyday wellbeing, our community services help people confidently approach life's challenges and recognise opportunities.

Our caring and compassionate teams offer the help needed to live a full and rewarding life.

### Services include:

- Helping people living with a mental illness to access the NDIS and coordinate their team
- Assistance in gaining access to Catholic Children's Home records
- Practical and emotional assistance for individuals and their families who are living with HIV
- Chaplaincy services for those needing care and comfort in state correctional centres or public hospitals

*For more information about our service centre locations, call CCareline on 13 18 19*



## Employment Services

For people living with an intellectual disability we provide meaningful employment, education and social occasions at Centacare. For businesses Sydney wide we provide services such as packing, assembly, secure document shredding, delivery and garden maintenance.

### Giving

Much of our vital work at CatholicCare is not government funded. Help us continue to support the community by making a donation.

Online donations can be made at:

**[catholiccare.org/donate](https://catholiccare.org/donate)**

or by sending a cheque to:

**Community Engagement Office**

**CatholicCare Sydney**

**Reply Paid 87224**

**Summer Hill NSW 2130**

### Volunteering

Our volunteers make a huge difference to the lives of seniors by providing companionship and alleviating loneliness. In taking the time to visit, volunteers bring the community to their homes.

Expressions of interest for volunteering opportunities across Sydney are now open.

Call **CCareline** on **13 18 19** or visit [catholiccare.org/giving](https://catholiccare.org/giving) for a listing of all roles and locations.

**CCareline 13 18 19**  
**[CatholicCare.org](https://CatholicCare.org)**

# Community Notice Board

## Need parenting help?

Our online parenting resource is there to help you build positive relationships with your children, giving practical tools and advice on a range of topics.

Go to **catholiccare.org** and look for the Parenting Hub icon.

Our telephone parenting advice line, **Parent Line NSW**, gives you access to parenting specialists, seven days a week, until 9.00pm. Talk confidentially about behaviour, school issues, relationships with teenagers and mental health concerns.

*Call 1300 1300 52*

## Home Care Packages

To help seniors live independently at home, we offer four levels of Home Care Packages in Sydney, many of which are subsidised by the Government. The first step is to contact us before arranging assessment through My Aged Care.

## People with disabilities: work, learn and connect

Centacare provides meaningful employment, education and socialising for people with disabilities and mental illness. We provide packing, assembly, secure document shredding, delivery and garden maintenance services to businesses throughout Sydney.

## Foster Carers urgently needed

Almost 20,000 children cannot live safely at home in NSW. Are you able to provide a safe and loving home for a child needing foster care?

We are urgently seeking different types of carers for children in need:

- Emergency carers for a few days
- Short-term carers for a few months or up to two years
- Long-term care for couples and families with a view to adoption
- Respite carers who can help others take a break

Call **CCareline** on **13 18 19** or visit [familyspirit.org](http://familyspirit.org)