

Life Skills is run by Early Intervention Services (EIS) Centacare Townsville.

Please contact the Life Skills team at Centacare on 4772 9000.



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.

EIS are subsidised through the Federal Department of Families and Housing, Community Services and Indigenous Affairs.

Our Offices

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Centacare

*A Mission of
the Catholic
Diocese of
Townsville*



LIFE SKILLS PROGRAM



www.jasper-design.com (07) 4773 9690

Life Skills Courses

Centacare Life Skills courses aim to enhance individual quality of life for men, women and children, and strengthen family relationships.

Courses for Youth

- Provide skills for becoming resilient young people who can make and maintain healthy relationships with themselves and others.
- Courses on communication skills, self-esteem and how to deal with feelings like anxiety, sadness or anger.
- Courses for identifying unsafe situations and relationships inside and outside of the home, and developing skills for keeping safe.
- Courses are tailored to different age groups and involve role-playing, worksheets and craft-based activities.



Parenting Courses

- For all types of caregivers.
- Several courses just for dads, soon-to-be dads, and on the special role and challenges of fathering when separated or distance parenting.

Learn about:

- Effective communication, resolving conflict, dealing with strong emotions, self-care and self-esteem skills to bring out the best in our children and ourselves.
- Behaviour management, parenting styles, new directions in discipline, and nurturing virtues like respect and responsibility.
- Parenting children with challenging behaviours (e.g. ADHD or Conduct Disorder).
- Adapting to the stages of child development and fulfilling their changing needs.

Adult Courses

- Practical personal tools including self-esteem, stress-management, anger-management, addressing domestic violence, managing family finances, and simple tricks and time-management skills for the ultimate juggling act; running a healthy, happy household.
- Interpersonal skills including forming new relationships, strengthening established relationships or maintaining healthy relationships after separation or loss.



- *Culturally appropriate courses available.*
- *Morning, afternoon and evening courses available.*
- *Requests from your school, workplace, community group or club are welcome.*
- *Servicing Townsville, Thuringowa, Ingham, Charters Towers and the Burdekin.*
- *Childcare and transport assistance may be available.*