

Making an appointment

All you need to do is telephone Centacare and request a counselling appointment with the Circle of Life program in your preferred area (Townsville 4772 9000, Mt Isa 4743 4449). We do not require a referral, and appointments must be made by the person attending.

Office Hours Townsville:

Monday & Thursday 8.30am-5.00pm
Tuesday & Wednesday 8.30am-7.30pm
Friday 8.30am-4.30pm

Office Hours Mt Isa:

Monday to Friday 8.30am-5.00pm

Where possible we try to offer an appointment within 5 working days.

Circle of Life counselling is free, however client contributions are appreciated to assist us to continue to provide a valuable service to the community.

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.

This program is funded by the Catholic Diocese of Townsville.

Our Offices



Centacare

*A Mission of
the Catholic
Diocese of
Townsville*

TOWNSVILLE

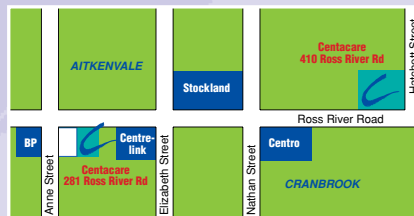
410 Ross River Road, Cranbrook
2/281 Ross River Rd, Aitkenvale
PO Box 1362, Aitkenvale Qld 4814
P> (07) 4772 9000
F> (07) 4755 0322
E> centacare@tsv.centacare.org.au

MOUNT ISA

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

BOWEN

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



CIRCLE OF LIFE



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

What we offer

The Circle of Life program (COL) is an holistic counselling, education and support service which assists individuals, couples and families to work through their pregnancy-related concerns. It looks to address the physical, emotional, psychological and spiritual wellbeing of individual women, their partners and their families. Services are delivered in Townsville and Mt Isa.

Some of the issues that COL supports people with include:

- Unplanned pregnancy
- Termination issues
- Grief associated with reproductive losses (including miscarriage, IVF, still birth, SIDS, infertility, adoption and termination)
- Family relationships and the impact of change (including impending parenthood, familial adjustment)
- Post-natal depression

The Circle of Life program is funded by the Catholic Diocese of Townsville and also works to raise community awareness with regard to these reproductive concerns. This is done by providing Human Development workshops to schools and educational sessions to other community groups.

Your counsellor

All counsellors have a tertiary qualification in the social sciences field with practical experience in family and relationship counselling.

Counsellors are ethically bound to refer clients to other appropriate services, i.e. for issues that are outside their field of expertise or where the issue does not fit within the guidelines of this program.

Confidentiality

Counselling is confidential within the limits of legal and professional boundaries. This can be further clarified with your counsellor in the first session.

Appointment times

Appointments are generally made on a fortnightly basis and take 50-60 minutes. After hours appointments are available, at the Townsville site only, on Tuesday and Wednesday evenings until 7.30pm.

Outreach services

The Circle of Life program is located in Townsville and Mt Isa and provides an outreach service to Ingham, Ayr and Charters Towers. Appointments in outreach areas are made either fortnightly or monthly, depending on availability and demand.

Our approach

Circle of Life:

- Provides a safe, non-judgmental place for individuals, couples and families to work through their pregnancy related concerns without pressure towards a particular outcome
- Seeks to alleviate the anxiety, distress and loneliness that can be associated with pregnancy related concerns
- Seeks to empower people by supporting and facilitating individual's own decision-making processes
- Understands that people need adequate information to make an informed decision
- Recognises that it often takes courage to seek support
- Recognises that individuals are the experts of their own lives

