

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

Our Offices



Centacare
A Mission of

the Catholic
Diocese of
Townsville

TOWNSVILLE

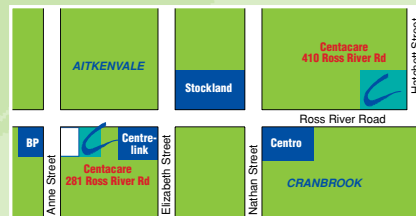
410 Ross River Road, Cranbrook
2/281 Ross River Rd, Aitkenvale
PO Box 1362, Aitkenvale Qld 4814
P> (07) 4772 9000
F> (07) 4755 0322
E> centacare@tsv.centacare.org.au

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



EARLY INTERVENTION SERVICES PROGRAM



www.jasper-design.com

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

- Culturally appropriate courses available
- Day and evening courses available
- Requests from your school, workplace or community group are welcome
- Servicing Townsville, Ingham, Charters Towers and the Burdekin
- Courses available in alternate formatting. Please ask an EIS facilitator for more information

Courses for Youth

- Provide skills for becoming resilient young people who can make and maintain healthy relationships with themselves and others
- Courses on communication, 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



Adult Courses

- Practical personal tools including self-esteem, stress-management, anger-management, budgeting and life skills

Parenting Courses

- For all types of caregivers
- Parents of young children and teens
- Courses just for dads and the special role and challenges of fathering
- Separated parents

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 direction 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



Fee Structure

Course fee structure is based on a sliding scale of family income:

If the combined household income is:

- Under \$45,000 per year, the fee is \$5 per session
- \$45,000 to \$70,000 per year, the fee is \$10 per session
- Over \$70,000 per year, the fee is \$15 per session

Clients who hold Concession cards are not obliged to pay, however contributions towards the cost of service provision are encouraged (Concession cards must be presented.)

While no-one is refused our service on the basis that they are unable to pay, client contributions enable us to continue to provide a valuable service to the community.

If payment of the scheduled fee is not possible, a reduced fee can be discussed with your facilitator at intake.