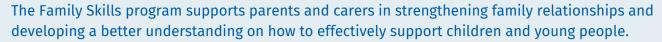


Marymead CatholicCare

CANBERRA & GOULBURN

Family Skills



Individual Counselling

Includes 6 to 12 one-on-one sessions with a focus on increasing parental capacity and connection between parents or carers and their children.

Group Programs

Group has a maximum size of 12 participants. The following topics are held throughout the year:

Seasons for Growth

A four-week mixed gender group to effectively navigate experiences of change, loss and grief.

Working with Strong Emotions for Women / Men

A six-week gender specific group to understand and effectively manage strong emotions.

Resilient Mums / Dads

A four-week gender specific group to strengthen self-care and overall wellbeing.

Navigating Parenting

A four-week mixed gender group to explore parents' roles in supporting children's needs and strengthening family relationships.

Co-contribution fees apply; concession and fee waivers available – no explanation required.

To register or make a referral, please contact Intake on 6162 6100 or email intake@mccg.org.au.

For more information on Family Skills, visit our website or scan the QR Code.

Available in the ACT only.

*The program is open to anyone who resides in the ACT and Queanbeyan regions.



Available in the ACT only.

6162 6100

mccg.org.au