

WHO IS CATS FOR

Children and adolescents (under 18yrs), living in Bathurst local government area who:

- Have been affected by abuse, including physical, emotional, mental and sexual; or domestic & family violence
- Have been affected by significant neglect
- Are 'at risk of significant harm' (ROSH)
- Are in 'out of home care' – to address issues which led to placement in care

IN ADDITION

We also work with parents, carers and families of the above children and adolescents.

NB: The C.A.T. Service is NOT FOR children & adolescents with significant mental health issues such as schizophrenia, bipolar disorder or other psychosis.

OUR CATS COUNSELLOR PROVIDES

- Counselling for children & adolescents
- Parenting support for parents & carers if their child or adolescent is using the CAT Service
- Parenting programs to help parents and carers to improve their communication and relationship with their child or adolescent
- Parenting programs to help parents/carers develop appropriate skills for responding to challenging behaviours and emotional problems
- Information, support and referral so that families can access appropriate services

HOW IT WORKS

The CAT Counsellor meets with parents/carers first, to get a picture of what is needed. It is helpful to bring relevant Court Orders, Apprehended Violence Orders or other related reports to the first session.

Anyone can make an appointment – a referral is not necessary.

OUTCOMES

We aim to have the following outcomes

Children

- Get services to meet their developmental needs

Adolescents

- Stay at school or find work
- Be connected with their family
- Be able to make positive life choices
- Achieve their goals

Parents / Carers

- Improve or enhance their parenting skills
- Know about community services & resources to meet their family needs
- Improve or enhance their relationships with their child/ren
- Have people to support them

COSTS & FEES

The CAT service is provided free of charge.

However, if you can afford it and wish to make a donation, this would be gratefully accepted.



Meet our CATS Counsellors

The CAT service is provided by our Child, Adolescent Trauma Counsellors:

Makiko Nakazawa



Makiko joined the Centre in July 2019. She has Bachelor of Social Science with a Major in Counselling. She is a trained Sandplay Therapist, working with children and adults.

Makiko has over 25 years of experience working with children as an Early childhood Teacher (trained in Japan). Makiko believes that children express themselves more fully and more directly through self-initiated, spontaneous play than they do verbally. She believes that the role of the therapist is to provide a safe space where children can express honest feelings.

Antonia Ravesi



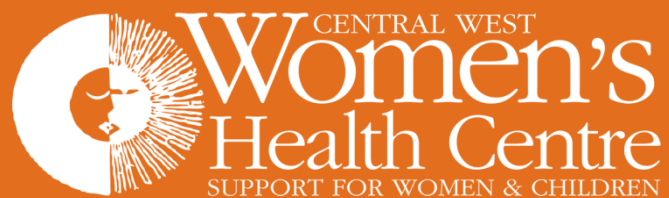
Antonia joined the Central West Women's Health Centre in mid-2019. She has worked in the community services sector for over 25 years providing therapeutic services, such as groupwork and counselling. It

is her dream come true to work in a position that focuses on providing support to children and young people.



www.cwwhc.org.au

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Child, Adolescent Trauma Service
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CENTRAL WEST WOMEN'S HEALTH CENTRE

20 William Street
PO BOX 674 | Bathurst | NSW | 2795

Monday to Friday
9AM – 12.30PM
1.30PM – 5.00PM

Closed weekends

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We acknowledge the Wiradjuri people, the traditional custodians of the land on which we live and work, and pay our respects to Elders past, present and emerging



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Child, Adolescent Trauma Service

CATS

