

## 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 Counsellor

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

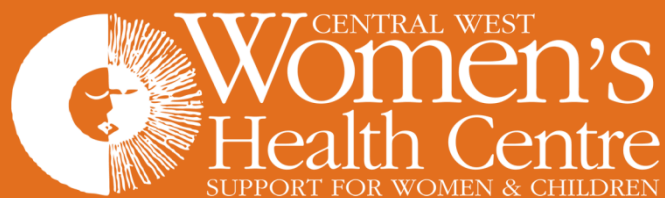
### Antonia Ravesi



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.



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

61 Boyd Street, Kelso  
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



Child & Adolescent Trauma Service is funded by NSW  
Department of Communities and Justice



## Child, Adolescent Trauma Service

### CATS



[www.cwwhc.org.au](http://www.cwwhc.org.au)

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