

Meet our Clinicians



Jess Hopwood has completed her Bachelor of Psychology and is a registered Psychologist through AHPRA. Jess has over five years of experience working with young people and their families in the mental health realm. Jess is particularly passionate about clinical work relating to empowering young people who have experienced trauma, AOD concerns, eating disorders, ADHD, and Autism; using a variety of evidence-based play and talk therapies. Jess is all about creating a safe space for those in need.

Alison Browett has successfully completed her Certificate IV in Community Services, a Diploma in Community Services as well as a Diploma in Counselling. Alison has also taken up the position of Client Intake and Parent Clinician, working in conjunction with the Child and Adolescent Trauma Services team.



CENTRAL WEST
WOMEN'S
HEALTH CENTRE
SUPPORT FOR WOMEN & CHILDREN

7 Lee Street, Kelso
PO BOX 674 - Bathurst - NSW - 2795

Monday to Friday
9:00am - 12:30pm
1:30pm - 5:00pm

Closed weekends

Let's Connect

Phone
(02) 6331 4133

Website
www.cwwhc.org.au

Email
reception@cwwhc.org.au

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



Services are provided with funding assistance from Western NSW Local Health District, NSW Department of Communities and Justice, and donations from the community.

CENTRAL WEST
WOMEN'S
HEALTH CENTRE
SUPPORT FOR WOMEN & CHILDREN

***The Central West Women's Health Centre
is a non-government, community based,
feminist service.***

***Child and Adolescent Trauma Counselling Service
CATS***



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 Clinician 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

Cost and 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.

