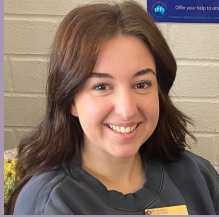


# Meet our Clinicians



**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.



**Nova Hillard** comes to us with a vast background around human services, community, and family counselling, while simultaneously studying their Master of Social Work. Nova has a fascination of the human brain and believes people have an amazing capacity for healing and is eager to assist our clients on this journey. Nova has a heart for LGBTQIA+ folks and people on the fringe and is eager to offer a safe space for healing in our community.

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

Email  
[reception@cwwhc.org.au](mailto: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.*

**'Family Matters'**  
(Child and Adolescent Trauma Counselling Services and Family Counselling Services)



# Who is 'Family Matters' 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.

Parenting is rewarding and challenging. We believe that most adults who care for children and young people do the best job they can with the information, physical and emotional resources, and skills they have on hand.

You will be provided with up to six sessions over the term with our **Family Case Worker**, at the same appointment time as your child or young person. These appointments are to support your child/young person in their therapy, and to strengthen your relationship.

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

## Our 'Family Matters' Clinicians 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 'Family Matters' Counsellors 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 'Family Matters' service is provided free of charge.

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

