



Counselling and Parenting Information Booklet

www.communityliving.org.au



COMMUNITY
LIVING ASSOCIATION



Community Living Association's Parenting and Counselling Team are based in Nundah, but work with people across North Brisbane and Moreton Bay Regions. We work with people intellectual disability and young people at risk. We believe it is important to build a community where all people feel valued

Who are we?

Counselling



The counselling Team are Accredited Mental Health Social Workers. They provide therapy to support people with intellectual disability and/or young people at risk with to address their mental health concerns. This might include:

- Your feelings (e.g., Things you worry about)
- Finding ways to calm down.
- Your relationships
- Finding ways to communicate

Your counsellor will:

- Spend time to get to know you
- Ask you about what you would like to talk about
- Find a place you feel comfortable to talk
- Find ways that work for you to address your concerns
- Have lots of different ways to work on your goals for counselling

Relationship Therapists: Parenting Specialists

What we do!

The Parenting Specialists are social workers who work with parents with intellectual disability to achieve their hopes and goals for parenting.

We understand that all families are different and respect and value all parents. We support parents in their own home or in the community to:

- Identify and achieve their parenting goals
- Talk to other people who might be involved (e.g., family, child safety, educators, health providers)
- learn more about parenting (Circle of Security Program)
- understand and manage feelings (identity/grief and loss)

Privacy



You have the right for information you share with us to be kept private. This means:

- We keep your information private.
- If you, or the worker, think it would help to share information, we will ask your permission first.
- We keep notes about what we discuss together to help us with the work. These notes are kept locked
- You can ask a worker if you would like to look at your case notes.
- If we are concerned about your safety, or someone else's safety, we may need to tell someone to keep you and/or them safe.
- We will always try and talk to you about this first.

Speaking Up



You have the right to tell us what you think. CLA welcomes your feedback and ideas. Workers are always keen to hear how we can best support you.

You can:

- Share with us the things we do well and the things we can do better.
- Talk to your worker if you are unhappy or would like us to do something differently.
- If you feel it is not solved, you can speak with the Team Leader (3266 3788) or the Coordinator (3266 5633).
- You can have someone support you to talk to a worker, the team leader or Coordinator if this feels more comfortable

Contact Us

06

We are open Monday - Friday 9-5.

You can contact your worker directly or call reception on 3266 5633.

If you need help outside these times you might like to call:

- A family member or friend that you trust
- Lifeline - 24 hour telephone counselling support
Phone: 13 11 14
- DV (domestic Violence) Connect provides phone counselling and referral for people experiencing domestic violence
Women's Line: 1800 811 811
Men's Line (9am-12am): 1800 600 636
- If it is an emergency call 000 and ask for police, ambulance or fire.



COMMUNITY
LIVING ASSOCIATION