

Minnawarra House runs three programs:

- Roberta Jull Youth & Family Counselling Program.
- Roberta Jull Family Support Program
- Minnawarra House Community Program.



RJCCA Youth & Family Counselling, caters for 12-18 year olds and their families which may include younger than 12yrs or siblings older than 18yrs, within the family system.

Groups such as the Anger Program run as required. Personal Development Programs such as John Bradshaw DVDs discuss and work on family systems, relationships, addictions, etc.

Arrangements can be made for clients who do not fit within the Roberta Jull Youth & Family Counselling Program to be seen at Minnawarra House as a private client.

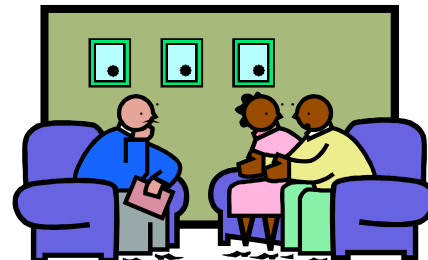
Clients can be referred from other agencies and a fee for service is set with the referring organisation.

The **Youth and Family Counselling Program** employs University trained, skilled, specialists, who are current members of their professional association. They all have up to date police clearances.

Currently we have Counsellors/Therapists providing individual, relationship, family, split-family and intra-generational counselling.

A broad range of therapies are available:

- Cognitive Behaviour Therapy
- Transactional Analysis
- Anger Management
- Informal Mediation
- Sand Tray Therapy
- Art Therapy
- Play Therapy
- Music Therapy



RJCCA **Family Support Program** provides limited Counselling (all ages), informal Counselling, Referrals, Advocacy, Assessment & Referral In-House or to other Agencies.

This program also supports Chi Kung, Mosaic classes, Pottery, Meditation, Broadband for Seniors, Tiny Tots Play-time, Coffee & Muffin Morning, Art & Craft and other Family Support and Social Programs, dictated by the needs of the community.

There is also a Story Time (an after school story reading and art & craft program for Indigenous and other children in the neighbourhood).



Minnawarra House **Community Program** runs the Foodbank Program which provides fruit and vegetables on Tuesday mornings and fresh bread on Tuesday and Thursday mornings.

The Minnawarra House Social Soup Cafe provides vegetarian soup, bread, and fruit and caters mainly for families living in the neighbourhood. Many of the attendees are Indigenous ranging in age from babies to grandparents.

Counselling is available to parents to build parenting skills, to provide support through difficult times.

Family counselling is available if it is seen as appropriate and family members are willing to attend.

We have the Bradshaw Video and group session option available if it is seen as appropriate and family members are willing to attend.

Bradshaw is available on Friday afternoons 12.30-1.30pm for adults who wish to look at their own personal development, and their own dysfunction with the view to working towards being healthier for self and others. Teenagers do 'push our buttons' and we can use this opportunity to work out our own issues and be better parents.

We need to remember that teenagers and children are in our families for such a short time and as parents we have an important place in their lives. We need to keep talking to our sons and daughters even when they pretend to not be listening!!

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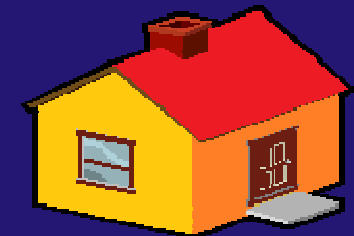
MINNAWARRA HOUSE is a non-profit, community based organisation which caters for people in the Armadale District and is funded by the Department for Communities and Department for Child Protection.



"There is no wrong answer"

Minnawarra House promotes a community spirit in which children, families, special interest groups and individuals, are encouraged to reach their full potential.

We embrace all people in a spirit of fairness and acceptance.



*Providing 25 years of service
to the Community*