



## Help with relationships and marriage

If you have an emergency call 000 or  
if you are distressed call Lifeline on 13 11 14

Connect with professional education, counselling and mediation services to help individuals, couples and families.

### **Marriage preparation:**

Group or one-on-one courses to prepare couples for marriage.

### **Relationship education:**

One-on-one courses for couples seeking guidance on improving their relationship.

### **Counselling for couples and families:**

Help for people with relationship difficulties.

### **Men and family relationships:**

Assistance for men and their families to find help in challenging situations, including counselling, education and group programs. Support with relationships, parenting, separation, family violence and managing emotions.

### **Families impacted by alcohol, drugs or gambling:**

Counselling and group sessions for family members, including children, impacted by someone else's alcohol, drug or gambling use. Help is also available for young people who are using alcohol or drugs.

### **Family dispute resolution:**

Professional mediation services for separating families who need to reach agreements about children, property or finances.

*Privacy Policy and Data Collection Notice*

*CCareline is here to help Sydney families with relationships, parenting, ageing, disabilities, addictions and mental health concerns.*

✉ [connect@catholiccare.org](mailto:connect@catholiccare.org)  
🕒 8am - 8pm Monday - Friday

**For help finding help, call**

 **CCareline 13 18 19**