

# Pathways for Families

Catholic Diocese of Sandhurst  
2020





# Welcome

The Sandhurst Diocese 'Pathways for Families' online resource contains a wide variety of live **links** to information, networks and resources to enrich, interest and support families in their continuing journeys in Faith, Prayer, Spirituality, connections to families and wider community, and much more.

We hope you may enjoy exploring - via computer, smart 'phone or tablet!

## Contents

<b>1</b>	<b>Marriage &amp; Family Life .....</b>	<b>3</b>
	Marriage	3
	Family Life	4
	Children	4
	Video Stories about Jesus	5
	Teens & Young Adults	6
	Grandparents	6
<b>2</b>	<b>Spirituality &amp; Prayer .....</b>	<b>7</b>
	Quick Access	7
	When You Have More Time	7
	A Retreat Centre	7
<b>3</b>	<b>Social Media &amp; Resources .....</b>	<b>8</b>
	Facebook - Pages to 'Like'	8
	Twitter	8
	Church News	8
	Scripture, Prayer, Liturgy	8
	Reaching Out	9
	Families	9

Young Adults	9
Women	9
Instagram	9
News, Articles	9
Faith, Prayer, Family	9
Apps	10
Borrow or Buy A Good Book	10

## 4 Community Connections ..... 11

Communities & Networks	11
Become a Catholic or Receive Sacraments for First Time as an Adult	12
Catholics Returning Home	12
Social Justice & Helping to Build a Better World	12

## 5 Learning About Faith ..... 13

Quick Access	13
When You Have More Time - Online Learning	13
Interesting Sites	14

## 6 Help & Support ..... 14

Information, Resources, Real Time Help: Online, 'Phone, In Person	14
Marriage & Family Support	14
Annulment, Divorce	15
Anti-Pornography Assistance	15
Coping With Addictions - Substance Addiction	16
eSafety	16

# 1 Marriage & Family Life

## Marriage

- **Marriage Page**  
Brisbane Archdiocese: A Catholic Wedding, Preparing for Marriage, Frequently Asked Questions.
- **Australian Catholic Marriage and Family Council**  
Resource kits, booklets and online Q & A: 'Getting Married in the Catholic Church'.
- **Ministry to the Newly Married**  
Beginning lifelong marriage.
- **'Joy of Love' Resource Kit**  
Redemptorist resource based on Pope Francis' 'The Joy of Love' in Marriage and Family.
- **CatholicCare Sandhurst Relationships Education for Couples**  
Half Day Workshops for couples planning marriage or committing to long term relationships. Explores: family background, communication, dealing with differences, conflict, relationship choices & patterns, what is going well, building knowledge & skills. Non-threatening environment. Shepparton & Bendigo. E: email@ccds.org.au OR freecall 1800 461 444 OR (03) 5438 1300. Address: 176-178 McCrae St Bendigo 3550.
- **Teams for Married Couples**  
A Catholic lay movement that brings couples together with other local couples to help them live their lives with more strength, light and hope. Contact: 'Teams' representatives in the Sandhurst Diocese: Fran and John Whelan E: jfbwhelan@aanet.com.au Ph: (03) 5441 1645.
- **Marriage Resource Centre (MRC)**  
Australian, positive, solution-oriented organisation with a core Catholic ethos and resources for Catholic Marriage Educators, Clergy and other parish leaders, from trained couples who have walked the path of marriage.
- **Smart Loving (Marriage Resource Centre)**  
Australian support for couples from the beginning and through life. Includes: dating & engagement, marriage seminars, retreats, 'Break Through' workshop, Smart Loving Basics, trust, spirituality, sex & fertility, Smart Loving SOS, resources and events.
- **Worldwide Marriage Encounter Australia**  
Offers weekends to help turn good marriages into great marriages, enabling couples to rediscover their best friend and the spark that was there when they first married.
- **For Your Marriage**  
US Catholic Bishops Marriage Resource Centre: Dating & Engaged, Parenting & Family, 'For Every Marriage', About Catholic Marriage, 'Our Blogs – Real Couples, Real Stories'.
- **Australian Council of Natural Family Planning**  
Natural Family Planning (NFP) as an effective, healthy, modern approach to managing fertility.

## Family Life

- **Australian Catholics**  
For all ages in a family, lots of resources, articles and more on faith, life, wellbeing, topical issues, prayer and spirituality, 'fun stuff', young writers and more.
- **CatholicCare Sandhurst Diocese**  
'Newsletter': Family & Relationships, Kids & Youth, Parenting & Relationships, Life Partnership Workshops, Step Families, Knowing Your Teenager, Boys' Brains, Kids & Worry, Separation, Seasons for Growth (Change, loss, grief), Tuning in to Kids & Teens.
- **Focus on the Family Australia & Families.org**  
Resources to help couples build healthy marriages that reflect God's design and for parents to raise children according to values grounded in biblical principles.
- **Mf Majellan Family App**  
Search for the App by name. Articles and resources regularly updated for couples and families.
- **Family and Home Network**  
Helping families spend generous amounts of time together.
- **Spirituality of Family Life (Ignatian Spirituality)**  
Articles about family life and spirituality.
- **Family Spirituality (US Archdiocese of Baltimore)**
- **Strong Catholic Family Faith (US)**  
Resources for parenting, understanding and sharing faith.
- **Family Faith and Fun (Loyola Press)**  
Fun Family Activities, Mealtimes, Ideas for Daily Family Life, Talking to Kids About Faith.
- **Theology of the Family**  
To show that there is faith, hope, and healing both in the family and for the family.

## Children

- Find a **Catholic school**.  
Sandhurst Diocese Catholic Education Office website.
- **Receive First Sacraments - Baptism**
- Contact a local parish to plan your baby's Baptism or access the 'Steps in Faith' Sacramental Program to prepare for Reconciliation, Confirmation, First Eucharist. Contact a local parish or **Catholic school**.
- **Becoming Catholic** Book.  
Becoming Catholic: A Parent's Guide to Baptism, Confirmation, Eucharist and Reconciliation by Kathy Horan, Garratt Publishing. Toll free: 1300 650 878 OR sales@garrattpublishing.com.au OR **Pauline Books**.
- **Together at One Altar**  
A resource for children from prep to Year 12 to assist them to grow in their understanding of Eucharist (the Mass) and help them to take an active part.
- **CathKids**  
Free Children's Resources & Activities and 'CathKids' subscription to online faith-based activities.

- **Loyola Press**  
Loyola Jesuits (US). Sunday Connection, Gospel resources for children of different ages. Detailed Lesson Plans for children from Grades 1-8. (US grade 1 is typically aged 6-7).
- **Sadlier 'Family Center' (US)**  
Free activity sheets, ideas & items to buy (\*always check overseas postage costs).
- **RESource**  
Melbourne Catholic Education Office resources for Religious Education. Simple notes on Bible stories and short teaching 'cartoons' based on bible characters and stories.
- **JClub for Kids - Go to 'Families'**  
Daughters of St. Paul (US). Resources for kids and families. Stories, Activities, Media.
- **Parenting** (Catholic Australia – Living the Faith).
- **Young Catholic Mums**  
Melbourne based. Variety of resources for families.
- **Catholic Mom**  
US style. Resources for families, children, including Scripture-based activities.
- **Catholic Kids**  
Prayers, stories, activities, crafts.
- **Teaching Catholic Kids**  
(Our Sunday Visitor, OSV, resource).
- **TextWeek**  
Ecumenical (different Christian faiths). Resources, reflections, ideas for adults and children.
- **Sermons 4 Kids**  
US – Ecumenical. Scripture stories, forums and activities such as colouring-in sheets, suited to children of various ages.
- **Magellan Magazine**  
Australian Resource.  
Children's 'Bulletins' and activity pages (to buy - multiple copies for groups & parishes).
- **Godly Play**  
Ecumenical Australian network with local groups. Montessori method of telling Bible stories. Lots of resources, some free, some to purchase, for local 'Godly Play' groups or play at home.

## Video Stories about Jesus

- **'Jesus Film Collection'** from Jesus Film Media. Free App and online.
- **'Gospel Ministry Resources'** from 'Max7' Resources. Free short animated Gospel story videos. Jesus' story in a full-length movie and movie clips, including stories for children.

## Teens & Young Adults

- **Sandhurst Youth Ministry** - [www.facebook.com/SandhurstYouthMinistry](http://www.facebook.com/SandhurstYouthMinistry)  
Sandhurst Diocese Youth & Young Adult ministries, events and activities through the year.
- **Stronger** and [www.facebook.com/StrongerYouth](http://www.facebook.com/StrongerYouth)  
Twitter/ Instagram @StrongerYouth. Fun and faith-filled program: “Young people encountering Jesus Christ and His Church, becoming stronger to live as disciples who impact the world.” Stronger Retreat: a dynamic Catholic weekend retreat held annually for young people aged 16-26.
- **CatholicCare Sandhurst Diocese**  
‘Newsletter’: Family & Relationships, Kids & Youth, Parenting & Relationships, Life Partnership Workshops, Step Families, Knowing Your Teenager, Boys’ Brains, Kids & Worry, Tuning in to Kids & Teens.
- **MenAlive**  
Young men welcome to join men of all ages to explore faith and life together. For Sandhurst events see: <http://www.sandhurst.catholic.org.au>. Also audio podcasts on iTunes.
- **Your Choicez Media**  
To help parents ‘educate, inspire and empower young people to have happy, healthy and respectful relationships.’ Go to ‘Resources’ and ‘Parents’.
- **Headspace**  
For young people going through hard times.  
Online help, links and Headspace centres information: “Headspace Centres act as a one-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.”
- **Protect Our Kids**  
Online safety for kids in the home. Free resources. Paid web-based filtering service.
- **eSafety**  
Keep kids safe online Australian Government eSafety Commissioner site.
- **Stay Smart Online**  
Australian Government site with advice on how to protect yourself online, as well as up-to-date information on the latest online threats and how to respond.
- **Family Zone** Keep kids safe online.
- **The Australian Parenting Website**  
Parenting resource from pregnancy to newborns to teens.

## Grandparents

- **Australian Catholic Marriage and Family Council**  
‘Grandparents Kits’ (2012, 2014, 2015). Past editions are still relevant.
- **Catholic Grandparents Association**  
International network based in Ireland & UK.
- **Catholic Grandparents Handbook** - a ‘flipping book’ to view online.
- **Grandparenting** - A Gentle Vocation...



## 2 Spirituality & Prayer

### Quick Access

- **Bread4Today**  
Prayer App and Online. Everyday language prayers: Courage, A Just World, Relationships, Hope, Peace, Hard Times, God, Faith, Forgiveness, Special Intentions. Useful Links.
- **3 Minute Retreat**  
Loyola Press. App or online. Daily 3-minute retreat with short reading, prayer, reflection.
- **Daily Prayer**  
A few moments of quiet prayer.

### When You Have More Time

- **Mass for You**  
Daily Mass online from St Mary's North Sydney (view any time) or in real time with Mass streamed from Our Lady of the Rosary Cathedral, Waitara, NSW at 9.30 am daily.
- **Ignatian Spirituality**  
Online Retreats, Prayers & resources.
- **Australian Christian Meditation Community** for Christian Meditation.  
Guidance, information & resource links.
- **'Just 1 Word'**  
Catholic Bible App. Open any book of the Bible. Free OR buy  
'New Revised Standard Version Catholic Edition' (NRSVCE). Font size options.

### A Retreat Centre

- **Campion Ignatian Spirituality and Retreat Centre**  
Quiet, peaceful environment encouraging reflection and growth in spirituality. There is a warm welcome and a comfortable, secure place to rest and pray.

## 3 Social Media & Resources

### Facebook - Pages to 'Like'

- Catholic Diocese of Sandhurst
- Adult Faith Education Sandhurst
- Sandhurst Youth Ministry
- Stronger Youth
- CatholicCare Sandhurst
- Australian Catholic Bishops Conference
- Australian Catholics Magazine
- CathNews

### Twitter

#### Church News

- Pope Francis @pontifex
- Vatican News @VaticanNews
- Australian Catholic Bishops Commission @ACBC1
- CN CathNews @CathNews
- Thinking Faith @ThinkingFaith
- Eureka Street @EurekaStreet
- The\_Tablet @The\_Tablet

#### Scripture, Prayer, Liturgy

- Universalis @CatholicFeasts
- Bread 4 Today @bread4today
- Daily Bible Verse @Daily\_Bible
- Loyola Press @loyolapress
- Faith Education Sandhurst @FaithEdSandhurs

## Reaching Out

- Caritas Australia @CaritasAust
- Vinnies Victoria @VinniesVictoria
- Jesuit Social Services @JesuitSocialSer
- Cath Social Serv Vic @CathSocSerVic

## Young Adults

- Stronger Youth @StrongerYouth
- Xt3.com @Xt3dotcom

## Instagram

### News, Articles

- Vatican News
- Australian Catholic Bishops
- Melbourne Catholic
- National Catholic Reporter (NCR) Online
- The Catholic Tablet
- The Jesuit Post
- Franciscus (Pope Francis)
- Caritas Australia
- Catholiclink en

## Families

- Life Marriage & Family @lifemarriagefam
- Young Catholic Mums @ycmums
- Godly Play @GodlyPlay

## Women

- Catholic Women's League Victoria and Wagga @CWL\_VIC\_Wagga
- Australia @CWL\_Australia

### Faith, Prayer, Family

- FRG Ministry (Fr Rob Galea)
- Bishop Barron
- Franciscan Media
- Busted Halo
- Ignatian Solidarity
- Lifeteen
- Catholic Grandparents
- Pray As You Go
- Click to Pray

## Apps

- Discerning Hearts
- Bread4Today
- Jesus Film Project
- 3 Minute Retreat
- The Majellan Magazine
- Youversion Bible
- Bible: Verse of the Day
- Bible App for Kids
- Universalis (To buy: Best for Mass readings & more)

## Borrow or Buy A Good Book

- **Sandhurst Diocese Catholic Education Office Library Learning Centre**  
Borrow books, DVDs and music CDs. Register as borrower online or by mail. Open 8.30 am-5.00 pm Mon to Fri (closed 12.00-1.00 pm). Some days last week of school holidays. Library Staff: Gabrielle Chiu and Jan Barber. Phone: 035445 9942. Email: [library@ceosand.catholic.edu.au](mailto:library@ceosand.catholic.edu.au)  
Address: 181 McCrae St, Bendigo Vic 3550.  
Mailing Address: 120 Hargreaves St, Bendigo Vic 3550.
- **Pauline Books & Media**  
7 Denmark Hill Road, East Hawthorn Vic 3123. Ph: (03) 9882 3424 Fax: (03) 9882 9614  
E: [orders.melbourne@paulinebooks.com.au](mailto:orders.melbourne@paulinebooks.com.au) Open Mon to Fri 9.00 am-5.30pm. Sat 9.00am-12.00pm.
- **Central Catholic Bookshop**  
322 Lonsdale Street, Melbourne, Vic 3000 Ph: (03) 9639 0844. Open 7 days.
- **Garratt Publishing**  
32 Glenvale Crescent, Mulgrave Vic 3170 Ph: 03 8545 2911  
E: [sales@garrattpublishing.com.au](mailto:sales@garrattpublishing.com.au)
- **Catholic Archdiocese of Brisbane**  
Links to various resources, including 'Catholics and the Bible' found through this site.

## 4 Community Connections

### Communities & Networks

- **Diocese of Sandhurst & Parish Communities**  
Diocese of Sandhurst homepage: news, parish information, Mass times, organisations, contacts.
- **'Sandpiper' Sandhurst Diocese newspaper**  
Produced monthly, excluding January and is free to Catholic Churches, Schools and Hospitals. View 'flipping book' online or pick up a hard copy from a local church foyer.
- **Sandhurst Diocese Catholic Education Office**  
Parents, Find a School, Latest News sections and links.
- **Australian Catholic Bishops Conference**  
Australian Church information, media releases, news and resources. Includes information about dioceses, bishops, religious institutes, Church agencies, Catholic groups.
- **Catholic Australia**  
The Bible, Who is Jesus? What Catholics Believe, Aussie Bible Readings & meditation, 'Lectio Divina' (Sacred Reading), Church in Australia, Sacraments, Liturgy, Spirituality, Prayer, Living the Faith, News & Current Issues, Mission, Youth and Young Adults.
- **Catholic Enquiry Centre (CEC)**  
Australian Catholic Bishops' Conference outreach for better knowledge of Christ, Catholic faith, the Catholic Church in Australia and promotion of inter-religious understanding. Resources and links.
- **CathNews**  
Daily Catholic information service reporting Australian and international news. Links to sites offering resources for prayer. Positions available within Catholic Church communities and organisations.
- **Frankly Magazine**  
Articles by Australian and overseas writers. Designed to engage with ordinary people on topics relevant to everyday life. Free downloads from website available.
- **Faith and Light**  
Australian community of persons with an intellectual disability, their families and friends, who meet on a regular basis in a Christian spirit, to share friendship, prayer and celebration.
- **Aboriginal Catholic Ministry for Victoria**  
Gospel inspired commitment to supporting Aboriginal and Torres Strait Islander people and work for reconciliation.
- **National Office for the Participation of Women**  
Australian Catholic Bishops' initiative to promote the participation of women in the Australian Catholic Church. Includes Women Matter e-News free subscription: Prayer, Reflection, News, Resources.
- **menALIVE**  
For men of all ages to explore everyday faith and life.

## Become a Catholic or Receive Sacraments for First Time as an Adult

- **Contact a local parish**

To find out about the Rite of Christian Initiation of Adults (RCIA) for initiation into the Catholic community, reception into the Catholic Church for those baptised into another Christian tradition, or adult reception of Sacraments for the first time.

## Catholics Returning Home

- **Contact a local parish**

To find out if they have a 'Catholics Returning Home' program, or can offer support.

## Social Justice & Helping to Build a Better World

- **St Vincent de Paul Society**

Gospel-inspired lay Catholic organisation serving Christ in the poor with love, respect, justice, hope and joy and working to shape a more just and compassionate society. Offering a hand up, respecting dignity, sharing hope, encouragement. Check website or local 'phone directory for St Vinnies conferences, shops and outreach in parishes and towns.

- **Caritas Australia**

Helps people help themselves – regardless of ethnicity, religion or political beliefs. Emergency assistance and long-term development projects in impoverished communities helping people take greater control over their lives and overcome poverty. Education resources, news and ways to help.

- **Catholic Earthcare Australia (CEA)**

Catholic Bishops Commission for Justice and Peace agency, promoting understanding that Creation is sacred, endangered, to be protected and sustained for present and future generations yet unborn.

- **Earthlinking**

A community which envisions a world where there is respect, reverence and care for the whole Earth community, for Earth and human wellbeing, endorsed by the Sisters of Mercy and open to all.

- **Australian Catholic Social Justice Council (ACSJC)**

National justice and peace agency of the Catholic Church in Australia, promotes research, education, advocacy and action on social justice, peace and human rights.

- **Australian Catholic Migrants & Refugees Office (ACMRO)**

Australian Bishops agency to inform policy, action and act as an official voice on migrant and refugee issues, dedicated to acceptance and settlement of Refugees and Migrants into Australia.

- **Eureka Street**

Australian Jesuits Newsletter: News, Resources, What's on, Education, Spirituality, Pastoral ministry, Social services, Advocacy, Ministry to Refugees, Asylum seekers and Indigenous communities.

# 5 Learning About Faith

## Quick Access

- **At Home With God's People**

Concise, attractively presented overview of teachings of the Catholic Church. Low cost 'Participant's Book' is an excellent resource for individual reading or small group discussion.

- **Fr Rob Galea Short Videos** and **FRG Ministries Store.**

Short videos teach about Faith, Life and everyday issues – free at Fr Rob's YouTube channel or buy FRG Ministries USB set. Topics include: Addiction, Almsgiving, Christian Joy, Forgiveness, Relationship with God, Gossip, Holy Spirit, Lent, Modesty, Prayer, Fasting, What is love? What is sin? Why does God allow suffering? What's wrong with watching Porn? What's with Catholics and Mary?

- **Busted Halo**

Easy to access resources to explore the Catholic tradition.

- **Studying the Catholic Faith** (Catholics Come Home)

- **Adult Faith Education Sandhurst**

Introduction to: Catholic Faith, Scripture, Prayer and Spirituality, Catholic Social Teaching and more. Resources free to download. Faith Education courses, seminars and diocesan events information.

- **Catholic Enquiry Centre (CEC, Sydney)**

Order free book on the Catholic Faith, download free 18-part leaflet series on the Catholic faith. Baptism and Wedding brochures explain the Sacraments and what happens during ceremonies.

- **Thinking Faith** and **Thinking Faith Facebook** page

Website and online journal of Jesuits in Britain. Theology, news, faith & life, contemporary issues.

## When You Have More Time - Online Learning

- **Crossroads STM**

Boston College School of Theology & Ministry (US). Short online courses (2-4 weeks) with internationally recognised theologians. Low cost. Certificates for participation through reading and short posts in group 'conversations'. No assignments.

- **STEP: Theology Online**

Satellite Theological Education Program – University of Notre Dame (US)

Institute for Catholic Life. Online theological education units (6-7 weeks) for adults in the US and beyond. Moderate cost. Study separate units or certificate courses.

- **Dayton University short courses.**

Virtual Learning Community for Faith Formation (VLCFF)

US Marianist University. Online short courses (moderate cost) open to all. Scripture, Theology, Church History, Morality, Social Justice, Liturgy, Spirituality, Youth Ministry and more.

## Interesting Sites

- **The Holy Land**  
(Israel) Photographic tour of the Holy Land with the Israel Nature and Parks Authority.
- **The Vatican**  
Follow links to the Vatican Museum and Archives.

## 6 Help & Support

### Information, Resources, Real Time Help: Online, 'Phone, In Person

- **Headspace (Mental Health Foundation)**  
Online and Headspace Bendigo, 78-80 Pall Mall, Bendigo 3550 Ph: 03 5434 5345.  
Information, resources and Support for Young People aged 12-25 going through a tough time, families and friends: Life Issues, Health & wellbeing, Mental Health, Alcohol & other drugs, Work & Study, Yarn Safe (for Aboriginal & Torres Strait Islander people), Work & study personalised support. Online, telephone or Headspace Centre visit for free support and counselling.
- **eSafety (eSafety Commission)** includes: **Wellbeing Directory** and **Parents and Carers**  
Excellent resource with Online Safety Guide, ,Skills, Advice, Screen-smart Parent Tour, The Big Issues, How to help your child deal with online safety issues: Cyberbullying, Online Pornography, Sexting, Time Online, Gaming, Unwanted Contact and Grooming, Digital reputation, Offensive or illegal content, Protecting personal information.
- **Gambling Help Online**  
24/7 online help and support, for those impacted by gambling. (your own or someone else's) with **Gambling Help Online** in Victoria
- **CatholicCare Sandhurst**  
Counselling support. E: email@ccds.org.au OR freecall 1800 461 444 OR  
Bendigo: 176-178 McCrae Street Bendigo 3550. Ph: 03 5438 1300 or 03 5441 7713.  
Shepparton: 68 Wyndham St Shepparton 3631. Ph: 03 5820 0444 or 03 5821 3774.  
Echuca: 230 Anstruther St Echuca 3564. Ph: 03 5438 1300.

### Marriage & Family Support

- **CatholicCare Sandhurst**  
Professional services fostering hope, growth, wellbeing, empowering individuals, couples and families to build healthy relationships, partnerships, collaboration. Contact:  
Bendigo: 176-178 McCrae St, Bendigo 3550. Ph: 03 5438 1300 or 03 5441 7713.  
Shepparton: 68 Wyndham St, Shepparton 3631. Ph: 03 5820 0444 or 03 5821 3774.  
Echuca: 230 Anstruther St, Echuca 3564. Ph: 03 5438 1300.
- **Healing and Support**  
Reflections on weakness, loss, suffering, death, sacraments of Reconciliation and Anointing, pastoral care, those whose marriages have collapsed, the bereaved, ministry to the sick, suffering and ageing.



- **Grow**  
Mutual support self-help network for those experiencing anxiety, depression etc. Open to all irrespective of belief, race, colour or class. Groups meet in some towns in the Sandhurst Diocese. Ph: 1800 558 268.
- **Gianna Centre (Bendigo)**  
Welcoming, friendly, free confidential support service for mothers and fathers with pregnancy-related issues, family support, education service for men, women and young people dealing with pregnancy, parenting, relationships, fertility and related issues. Some volunteers have experienced similar situations to yours. Contact: The Gianna Centre Inc. Victoria Lane, Pall Mall Bendigo, Ph: 03 5442 4644 Email: giannacentre@bigpond.com. Opening hours on website.
- **Jesuit Social Services** (Melbourne based)  
Practical programs of service, social action, advocacy and research, including difficult areas of social disadvantage and need, for individuals, families and communities plus publications and news.
- **Mackillop Family Services** (Melbourne based, working across Victoria & other states)  
Catholic support agency to foster hope and promote justice for children, young people and families, particularly those who have experienced distress, disadvantage and abuse. Vic Central Office enquiry@mackillop.org.au (03) 9699 9177 Address: 237 Cecil St South Melbourne VIC 3205.
- **St Vincent de Paul Society**  
St Vinnies branches and shops with outreach are connected to most parishes and towns. Check website or your local 'phone directory.

## Annulment, Divorce

- **Divorce and the Catholic Church Q&A**  
A resource to Help Couples Heal and Renew their Marriages.
- **Divorce & Marriage Tribunal**  
Marriage breakdown is usually a traumatic experience for all concerned. Many separated and divorced people wonder about their status within the Church. The Church reaches out in support of those whose marriage has broken down.

## Anti-Pornography Assistance

- **'Break free...'** Catholic Weekly (Sydney) article 9 January 2017.
- **Pornography** (Catholics Come Home)  
Anti-Pornography Resources (Archdiocese of Washington).
- **Anti-Pornography Resources** (Diocese of Baton Rouge US)
- **eSafety** (eSafety Commissioner)

## Coping With Addictions - Substance Addiction

- **Alcohol and Other Drug Family Service**  
CatholicCare Archdiocese of Melbourne
- **Substance Abuse Family Support**  
(SAFS, Melbourne based)  
Services to families where parental/carer substance misuse impacts family function and child safety: Alcohol and Other Drug (AOD) counselling, relapse prevention, harm minimisation. Links to other AOD and community services. Assists families to create safe stable environments, enhance relationships, parenting and life skills, personal development.
- **Vic Health: Alcohol and Other Drugs Treatment Services**
- **Gambling Help Online** and **Gambling Help Services in Victoria**
- **CatholicCare Sandhurst** Counselling support.

## eSafety

- **eSafety (eSafety Commissioner)**
- **Stay Smart Online**  
Australian Government site with advice on how to protect yourself online, as well as up-to-date information on the latest online threats and how to respond.
- **Family Zone**  
Keep kids safe online.



Compiled by  
Adult Faith Education Sandhurst  
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Diocese of Sandhurst