

PATHWAYS FOR

2021

Families



Catholic Diocese of Sandhurst

Pathways for Families 2021

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 the wider community, and much more.

We hope you may enjoy exploring — via computer, smartphone or tablet. Click on topics listed or scroll down.

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1 Marriage and 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.
- **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 and patterns, what is going well, building knowledge and skills. Non-threatening environment.
Bendigo Head Office: 176 - 178 McCrae Street, Bendigo. Vic 3550
Ph: 03 5438 1300 or 1300 273 528
Email: email@ccds.org.au
Echuca Office: 13 Percy Street, Echuca. Vic 3564
Ph: 03 5820 0444
Shepparton Office: 68 Wyndham Street Shepparton. Vic 3630
Ph: 03 5820 0444 or 1800 461 444
Email: shep@ccds.org.au
- **Teams for Married Couples**
Teams is a movement for married couples. Typically, a Team is a group of 4-6 couples who make a commitment to meet monthly over a simple meal to reflect on and share their life experiences and to deepen the shared spirituality of the couple. Teams is a world-wide movement associated with the Catholic Church and exists in 92 countries and all continents.
The Teams Movement, known internationally as Equipes Notre Dame, began in 1939 in Paris. It is now one of the largest lay movements in the Catholic Church.
To learn about 'Teams' in the Sandhurst Diocese find a group near you contact:
Phil and Jane Bretherton: Email: mailto:brethos58@gmail.com
OR mailto:janerosanne@gmail.com Ph: 0439430319.
- **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.
Includes: Dating and Engagement, Marriage Seminars, Retreats, 'Break Through' workshop, Smart Loving Basics, Trust, Spirituality, Sex and fertility, Smart Loving SOS, resources and events.
- **Worldwide Marriage Encounter Australia**
Offers weekends for married couples, enabling them 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 and Engaged, Parenting and Family, 'For Every Marriage', About Catholic Marriage, 'Our Blogs — Real Couples, Real Stories'.
- **Australian Council of Natural Family Planning**
Natural Family Planning (NFP) as a healthy approach to managing fertility.

Family Life

- **Australian Catholics**
Resources for faith, life, wellbeing, topical issues, prayer and spirituality, 'fun stuff', young writers and more.
- **CatholicCare Sandhurst Diocese**
Family and Relationships, Kids and Youth, Parenting and Relationships Services. Workshops for Life Partnerships, Step-Families, Knowing Your Teenager, Boys' Brains, Kids and Worry, Separation, Tuning in to Kids and Teens. Seasons for Growth (Change, loss, grief) programs.
- **Focus on the Family Australia and Families.org.au**
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**
Support for families spending 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.
- **The Well**
Resources for Families and Youth, including prayer and worship, community, spirituality, current issues.
- **Praying in Colour**
Resources for all ages, for a visual, concrete way to pray.



Children

Find a Catholic School

- **Sandhurst Diocese Catholic Education Office website.**

Receive First Sacraments

- **Baptism**
Contact a local parish to prepare for the Baptism of your baby or an older child.
- **Reconciliation, Confirmation and First Eucharist ('First Communion')**
Contact a **local parish** or **Catholic School** to enrol your child in a parish Sacramental Program
- **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.
- **Becoming Catholic book**
A Parent's Guide to Baptism, Confirmation, Eucharist and Reconciliation by Kathy Horan, Garratt Publishing:
Ph: Toll free 1300 650 878
Email: Sales@garrattpublishing.com.au
OR Pauline Books.

Nurture Faith

- **Parenting (Article)**
Catholic Australia – Living the Faith and Mission.
- **Parents Passing on the Faith (Ideas leaflet)**
Australian Catholic Marriage and Family Council.
- **CathKids**
Free Children's Resources and 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 Centre' (US)**
Free activity sheets, ideas and 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**
Daughters of St Paul (US). Resources for kids and families. Stories, Activities, Media.
- **Little Way Sunday School**
Facebook community based in Killaloe Diocese, Ireland.
- **St Mary's Little People (Echuca)**
- **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.
- **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.

Jesus' Story in Movies and Videos

- **The Chosen TV Series App.**
- **The Chosen on YouTube**
- **The Chosen Facebook page**
"If you haven't come across it yet, a beautiful series called 'The Chosen' with engaging episodes that follow the early days of Jesus' ministry and those who came to follow Him. It has been such a wonderful resource for many young (and young-at-heart) adults I have spoken to during isolation times, who comment on its imagery and the tender reality of how Jesus is portrayed. I imagine others around the Sandhurst Diocese may find some treasures in there too. It's available as a free app. and can be streamed through phones and TV." (By a young adult of the Sandhurst Diocese).
- **Jesus Film Collection**
Jesus Film Media. Free App. and online.
Jesus' story in a full-length movie and movie clips, including stories for children.
- **Gospel Ministry Resources from 'Max7' Resources**
Free short animated Gospel story videos.

Teens and Young Adults

- **Sandhurst Youth Ministry**
Sandhurst Diocese Youth and Young Adult ministries, events and activities through the year.
- **Stronger Facebook and Twitter/Instagram @StrongerYouth**
Fun and faith-filled program with an annual Stronger Retreat weekend for young people aged 16-26.
- **CatholicCare Sandhurst Diocese**
Services: Family and Relationships, Kids and Youth, Parenting and Relationships Services. Workshops: Life Partnerships, Step-Families, Knowing Your Teenager, Boys' Brains, Kids and Worry, Tuning in to Kids and Teens.
- **menALIVE**
Men of all ages explore faith and life together. Also audio podcasts on iTunes.
For Sandhurst events see: 'News and Events' <http://www.sandhurst.catholic.org.au>.
- **The Chosen TV Series App.**
As above.



- **Your Choicez Media**
To help parents ‘educate, inspire and empower young people to have happy, healthy and respectful relationships.’ Go to ‘Resources’ and ‘Parents’.
- **The Australian Parenting Website**
Australian Government Parenting resource from pregnancy to newborns to teens.
- **Headspace**
For young people going through hard times. Online help, links and “Headspace Centres ... 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.

Grandparents

- **Australian Catholic Marriage and Family Council**
‘Grandparents Kits’ (2012, 2014, 2015). Past editions are still relevant.
- **Grandparenting**
A Gentle Vocation.
- **Faith-ful Grandparenting**
Good ideas from The Lutheran Church of Australia community.

2 Spirituality and 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.
- **Pray as You Go**
Lectio Divina and Lectio Divina Pt 2 Guide.
- **Pray as You Go Preparing for Prayer**
Breathing exercises.
- **End-of-Day Reflection and Prayer: Re-imagining the Examen (App.)**
- **Taize Community**



When You Have More Time

- **Mass Streamed from St Kilian's Parish Bendigo - Weekdays**
- **Mass Streamed from St Kilian's Parish Bendigo - Sundays**
- **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 a.m. daily.
- **Just 1 Word**
Catholic Bible App. Open any book of the Bible.
Free OR buy 'New Revised Standard Version Catholic Edition' (NRSVCE).
- **Ignatian Spirituality**
Online Retreats, Prayers and resources.
- **Australian Christian Meditation Community for Christian Meditation**
Guidance, information and resource links.
- **Fr Richard Leonard SJ**
Video series of talks on Faith and Life by Fr Richard, a well-known Australian writer, speaker and Jesuit priest.

Retreats Online

When everyone else is at school, working or fast asleep ...

- **Sisters of St Joseph Retreat Centres**
Retreats, resources and prayers online.
- **Ignatian Spirituality Centre Glasgow**
Online retreats, Men's Group and Friday Prayer.
- **St Beuno's Spirituality Centre**
Wales, UK online retreats and resources.
- **Manresa Centre of Spirituality**
Dublin Ireland, Retreat at Home.
- **Chester Retreat House UK**
Online resources to use any time that suits you.
- **Los Olivos**
Anglican community Resources to use for a 'Quiet Day at Home' at any time that works for you.
- **The Cloisters on the Platte (US)**
Online Retreat.
- **Sandhurst Diocese Spiritual Directors**
For qualified and experienced Spiritual Directors in your area.
Email: adultfaith@sandhurst.catholic.org.au



3 Social Media and 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 Conference @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
- Catholic Social Services Victoria @CathSocSerVic

Young Adults

- Stronger Youth @StrongerYouth

Families

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



Women

- Catholic Women's League Victoria and Wagga @CWL_VIC_Wagga
- Australia @CWL_Australia

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
- Catholic Link English Catholiclink en

Faith, Prayer, Family

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

Apps

- Bread4Today
- Minute Retreat
- Click to Pray
- Sacred Space
- Pray As You Go
- Daily Prayer
- Laudate
- Just 1 Word
- Universalis (Buy for Mass readings and more)
- Jesus Film Project
- The Chosen
- The Majellan Magazine
- Re-imagining the Examen
- Discerning Hearts
- YouVersion Bible
- Bible: Verse of the Day
- Bible App. for Kids



Podcasts

- **Journey Catholic Radio (Diocese of Wollongong)**
- **Catholic Influencers**
FRG Ministries. Catholic influencers to help Catholics, especially young people.
- **Word on Fire**
A weekly podcast from Bishop Robert Barron on faith, life and culture.

Borrow or Buy a Good Book or Gift

- **Library Learning Centre, Catholic Education Office Sandhurst**
Borrow books, DVDs and music CDs. Register as borrower online or by mail.
Open 8.30 a.m.-5.00 p.m. Mon. to Fri. (closed 12.00-1.00 p.m.). Some days last week of school holidays.
Library Staff: Gabrielle Chiu and Jan Barber.
Ph: 03 5445 9942
Email: library@ceosand.catholic.edu.au
Address: 181 McCrae Street, Bendigo. Vic. 3550.
Mailing Address: 120 Hargreaves Street, Bendigo. Vic. 3550.
- **Pauline Books and Media**
Open Mon. to Fri. 9.00 a.m.-5.30 p.m. Sat. 9.00 a.m.- 12.00 p.m.
Ph: 03 9882 3424
Fax: 03 9882 9614
Email: <mailto:orders.melbourne@paulinebooks.com.au>
Address: 7 Denmark Hill Road, East Hawthorn. Vic. 3123.
- **Central Catholic Bookshop**
Open 7 days.
Ph: 03 9639 0844
Address: 322 Lonsdale Street, Melbourne. Vic. 3000.
- **Garratt Publishing**
Ph: 03 8545 2911
Email: <mailto:sales@garrattpublishing.com.au>
Address: 32 Glenvale Crescent, Mulgrave. Vic. 3170.
- **Catholic Archdiocese of Brisbane**
Links to various resources, including 'Catholics and the Bible' found through this site.



4 Community Connections

Communities and Networks

- **Diocese of Sandhurst and Parish Communities**
Diocese of Sandhurst homepage: News, Parish information, Mass times, organisations, contacts.
- **Sandhurst Diocese eNews**
Sandhurst Diocese website – News and Events section.
- **Sandhurst 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 and meditation, 'Lectio Divina' (Sacred Reading), Church in Australia, Sacraments, Liturgy, Spirituality, Prayer, Living the Faith, News and Current Issues, Mission, Youth and Young Adults.
- **Catholic Enquiry Centre (CEC)**
Australian Catholic Bishops' Conference outreach for better knowledge of Christ, Catholic faith, the Church in Australia and promotion of inter-religious understanding. Resources and links.
- **CathNews**
Daily Australian and international news. Links to sites offering resources for prayer. Positions available within Catholic Church communities and organisations.
- **Faith and Light International**
Australian community of persons with an intellectual disability, their families and friends, 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.
- **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 and 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. Offers 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**
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.
- **Earth Link**
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 and 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.

5 Learning About Faith and Spirituality

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.
- **FRG Ministries Short Videos and store**
Short videos teach about Faith, Life and everyday issues — free at Fr Rob Galea'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 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 events and resources.
- **Catholic Enquiry Centre (CEC) Sydney**
Order free book or 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**
Jesuits in Britain website and online journal: Theology, news, faith and life, contemporary issues.
- **Word on Fire, Bishop Robert Barron (US)**
Free resources, videos, and paid options.
- **Along the Track**
Periodic one-page reflections on faith and life, from Jim Quillinan of the Sale Diocese.
- **Just1word Bible App OR Bibles**
Open any book of the Bible. Free English translations OR buy the 'New Revised Standard Version Catholic Edition' (NRSVCE) OR New American Bible Revised Edn (NABRE).
Low cost.
- **Parousia**
- **Shalom World TV**
Catholic TV channel.
- **Cradio**
Australian Catholic media service. Free Catholic programs, talks and music.
- **Ignatian Spirituality**
Online Retreats, Prayers and resources.
- **Monasteries of the Heart**
Free weekly practices to help you develop spirituality — prayer, lectio (reflective reading), good works, study and community. Worldwide Benedictine community whose members discuss meaningful issues.
- **Contemplative Outreach Community**
Resources for different styles of prayer, including 'Lectio Divina' and 'Centering Prayer'.
- **Taize**
Prayer based on 'Taize' chants, shared by people of different Christian traditions.
- **Australian Meditation Community**
World Community for Christian Meditation drawn from Benedictine prayer traditions.
Guidance and resources for faith and prayer.

If You Have More Time — Online Learning

- **‘Encore’ Boston College (USA) School of Theology and Ministry — Free videos**
Talks by well-regarded presenters on many topics: Scripture, Catholic Tradition, Sacraments, Liturgy, Moral Life, Spirituality and Prayer.
- **‘Crossroads’ Boston College (USA) School of Theology and Ministry – Online courses**
Low cost. 2-5 weeks. Participate via reading and short participant messages to gain certificate. No assignments. Topics: Scripture, Themes from our Christian Tradition, Sacraments and Liturgy, Moral Life, Prayer and Spirituality, Ministries.
- **STEP: Theology Online**
Satellite Theological Education Program, University of Notre Dame (US).
Online units. 4-8 weeks. Moderate cost. Single units or certificate courses.
- **Dayton University**
Virtual Learning Community for Faith Formation (VLCFF). US Marianist University.
Online short courses. Moderate cost.
Topics: Scripture, Theology, Church History, Morality, Social Justice, Liturgy, Spirituality, Youth Ministry and more.
- **FranciscanAtHome Catechetical Institute, Franciscan University of Steubenville (US)**
Low cost ministry courses with video workshops.

Interesting Sites

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

6 Help and Support

Information, Resources, Real Time Help: Online, ‘Phone, In Person

- **Headspace (Mental Health Foundation)**
Information, resources and Support for Young People aged 12-25 going through a tough time, families and friends: Life Issues, Health and wellbeing, Mental Health, Alcohol and other drugs, Work and Study, Yarn Safe (for Aboriginal and Torres Strait Islander people), Work and study personalised support. Online, telephone or Headspace Centre visit for free support and counselling.
Headspace Bendigo
Ph: 03 5406 1400
Address: 78-80 Pall Mall, Bendigo. Vic. 3550.
Headspace Albury/Wodonga
Ph: 02 6055 9555
Address: 155 High Street, Wodonga. Vic. 3690.
Headspace Shepparton
Ph: 03 5823 8800
Address: 129 High Street, Shepparton. Vic. 3630.



- **eSafety (eSafety Commission) — Includes: Wellbeing Directory and Parents and Carers**

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). [Gambling Help Online Services in Victoria](#).

- **CatholicCare Sandhurst**

Counselling support.

Email: email@ccds.org.au

Bendigo Head Office: 176-178 McCrae Street, Bendigo. Vic. 3550

Ph: 03 5438 1300 or 1300 273 528

Echuca Office: 13 Percy Street, Echuca. Vic. 3564

Ph: 03 5820 0444

Shepparton Office: 68 Wyndham Street, Shepparton. Vic. 3630

Ph: 03 5820 0444 or 1800 461 444

Marriage and Family Support

- **CatholicCare Sandhurst**

Professional services fostering hope, growth, wellbeing, empowering individuals, couples and families to build healthy relationships, partnerships, collaboration.

Contact:

Email: email@ccds.org.au

Bendigo Head Office: 176 - 178 McCrae Street, Bendigo. Vic. 3550

Ph: 03 5438 1300 or 1300 273 528

Echuca Office: 13 Percy Street, Echuca. Vic. 3564

Ph: 03 5820 0444

Shepparton Office: 68 Wyndham Street, Shepparton. Vic. 3630

Ph: 03 5820 0444 or 1800 461 444

- **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.

Contact: The Gianna Centre Inc.

Opening hours on website.

Email: mailto:giannacentre@bigpond.com

Ph: 03 5442 4644

Address: Victoria Lane, Pall Mall, Bendigo. Vic. 3550.



- **Jesuit Social Services (Melbourne based)**
Practical programs of service, social action, advocacy and research, including areas of social disadvantage and need, for individuals, families.
- **MacKillop Family Services (Melbourne-based, working across Victoria and 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.
Bendigo Office:
Cradle to Kinder Central Victoria
Ph: 1300 471 799
Address: 499 Hargreaves Street, Bendigo. Vic. 3550.
Wodonga Office:
Cradle to Kinder Central Victoria
Address: 155 High Street, Wodonga. Vic. 3690.
Vic Central Office:
Email: enquiry@ mackillop.org.au
Ph: 03 9699 9177
Address: 237 Cecil Street, 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 FAQs**
A resource to Help Couples Heal and Renew their Marriages.
- **Divorce and Marriage Tribunal Sandhurst Diocese Introduction**
Follow 'More in this category' links.
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).
- **eSafety (eSafety Commissioner)**
- **The Porn Effect**
A community of people ready for a better life, with a five-step approach to removing pornography from your life.
- **Covenant Eyes**
Covenant Eyes can help you to quit porn. for good.
What people do online impacts their lives offline. Protect yourself with Covenant Eyes screen accountability and more resources.
- **Matt Fradd**
Matt Fradd has spoken to thousands of people, helping them to start their journey to break free from porn.

Coping with Addictions

Substance Addiction

- **Substance Abuse and Family Support (MacKillop Family Services) Melbourne-based**
Services to families where Alcohol and Other Drug (AOD) is impacting family function: counselling, relapse prevention, harm minimisation.
Links to other AOD services and support networks, assistance to create a safe and stable environment, enhance relationships, parenting skills, life skills, personal development.
Connection to other community supports.
- **Alcohol and Other Drugs Family Service**
CatholicCare Melbourne Services to families where parental/carer substance misuse impacts family function and child safety: Alcohol and Other Drug (AOD) counselling, relapse prevention, harm minimisation.
Assists families to create safe stable environments, enhance relationships, parenting and life skills, personal development. Links to other AOD services.
- **Vic Health: Alcohol and Other Drugs Treatment Services**

Gambling Addiction

- **Gambling Help Online Australia**
- **Gamblers' 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
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