



**Privacy:** Camcare respects your privacy and complies with privacy laws. Our privacy policy, available on site and at [camcare.org.au](http://camcare.org.au), sets out our responsibilities and your rights with regard to the collection, use and disclosure of your information.

**Diversity:** Camcare is committed to inclusive services for people from diverse cultures, including people of differing abilities and orientations. We respectfully acknowledge the history and cultural heritage of Aboriginal and Torres Strait Islander peoples, recognise the needs of all cultural and ethnic groups, and aim to embrace, celebrate and work with diversity in the community.



**Camcare is a community organisation of professionals and volunteers working together to help people in Boroondara when times are tough.**

We provide wellbeing and support services, information and practical assistance. This may be food relief in a crisis, connecting to other services, or professional counselling for new parents, unsettled teenagers or vulnerable families. We go out to see people who need support in their homes.

We also create a welcoming community space at Camcare for people to meet and participate in activities – a place to belong.



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## WHY WE EXIST

Boroondara is an affluent community, yet there are people in distress and struggling on low incomes, facing rising costs of living, housing insecurity, unemployment, relationship conflict and loneliness.

For 40 years, professionals and volunteers from the local community have come together at Camcare to help people manage these issues, and reduce the impact they have on their lives. Times change, but one thing is constant: the need just keeps growing.

## HOW WE WORK

**We respond flexibly to the needs of those who come to us. Our services continuously change and adapt in response to current research about our community's needs.**

We focus on empowering local individuals and families, by offering compassion, encouragement and the tools they need to tackle difficulties.

We provide a safe place for those who are struggling, with services that are free or low-cost.

## WHAT WE OFFER

- » groups for vulnerable new mothers to share information, build strategies and confidence to become effective parents
- » support and connections to services for families with a history or current experience of family violence
- » emergency relief: donated food, small grants for students and fresh produce from our kitchen garden
- » monthly community barbecue to bring people together for a meal and friendship
- » wellbeing counselling services for people in the community who are facing challenging times, from new parents, to school students, to those experiencing past or present relationship issues
- » practical help to prepare tax returns, learn how to use the internet and other life essentials
- » support for older people in the community to build connections

## OUR SERVICE AREAS

### WELLBEING/COUNSELLING:

- » Individuals, couples, youth and families
- » Parenting support - groupwork and specialist services
- » Short-term, goal-oriented psychological support (ATAPS), including PS4Kids, youth and adult services

### INTEGRATED FAMILY SERVICES:

- » Family support
- » Focus on vulnerable children

### COMMUNITY SUPPORT SERVICES:

- » Information, referral and advocacy
- » Emergency relief and case management
- » Tax Help
- » Broadband for Seniors
- » Fresh food program and community BBQs
- » Kitchen garden

## WE NEED YOUR HELP

To donate or volunteer your services, please get in touch or go to

[givenow.com.au/Camcare](https://www.givenow.com.au/Camcare)