

## TIPS

Support for foster and  
kinship carers

To be eligible for TIPS you must have a child in your care accessing counselling through the ROSA program.

### When to access TIPS?

Trauma Informed Placement Support can be accessed at any time in the counselling process and can be re-accessed when required.

Where a need is identified, discussion between Manager, Counsellor and TIPS workers will occur to determine your suitability for support.

### How can TIPS help?

- Education about trauma
- Child regulation and behaviour management strategies
- Counselling support to explore a carer's own self-care, coping, and stress management

### What is the cost?

There is no cost to you. It's free.

### TIPS Clinic

Please contact Centacare NQ for details about clinic days and times available.

“Enhancing wellbeing  
and resilience through  
respect, dignity and  
service excellence”



### Contact us



FREE CALL: 1300 672 273



410 Ross River Road, Townsville  
5 Miles Street, Mount Isa



[centacarenq.org.au](http://centacarenq.org.au)  
[facebook.com/centacarenq](https://facebook.com/centacarenq)

*Centacare North Queensland acknowledges the Traditional Owners of the land on which we live and work, and recognises their continuing connection to land, waters and community. We pay our respects to their Elders, past, present, and emerging.*

**CENTACARE NQ**  
Proudly provides  
services to 33%  
of Queensland  
[WWW.CENTACARENQ.ORG.AU](http://WWW.CENTACARENQ.ORG.AU)



**CENTACARE NQ**  
COUNSELLING

## ROSA

Therapeutic Counselling Program



**1300 NQ CARE**  
[centacarenq.org.au](http://centacarenq.org.au)

## What we offer

- A free, confidential counselling service for children and young people, aged 4-18, who are in the care of or have an involvement with the Department of Children, Youth Justice and Multicultural Affairs
- Transition to independence for young people aged 18 - 21 years
- Education around trauma and subsequent behaviours available to Foster Carers
- Referrals must be made by the CSO
- Sessions occur weekly for about 1 hour

## ROSA can work with children on:

- Angry outbursts
- Grief and Loss
- Family problems
- Emotional Expression
- Brain Development
- Trauma and Abuse
- Protective Behaviours
- Bullying



## Our Program

ROSA is a therapeutic counselling program with a focus on working with children and young people to build on their strengths and create solutions to ensure their safety and emotional well-being. ROSA works to assist in the healing from the impact of abuse or neglect on children.

## Accessing the Program

ROSA is a program of Centacare NQ and is one of a range of individual and family services. Access to ROSA is referral only by the young person's Child Safety Officer, and participation in the program is voluntary. Transport is available.

## The counsellor

All counsellors have a tertiary qualification in the social sciences field.

Counsellors are ethically bound to refer clients to other appropriate services, i.e. for issues that are outside their field of expertise or where the issue does not fit within the guidelines of this program

## Confidentiality

Counselling is confidential within the limits of legal and professional boundaries. This can be further clarified with your counsellor in the first session.

## Outreach services

ROSA offers an outreach service that works with children and young people in Townsville, Burdekin, Ingham and Charters Towers.

“ All children deserve  
the right to be heard ”

“ Centacare NQ cares  
about the wellbeing of  
our community ”

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