



September 2025

Parenting & Mental Health

let's talk about it

Parenting can be one of life's most rewarding roles, but also one of the most demanding.

When parenting becomes difficult due to stress, trauma, or lack of support, it can affect both a parent's mental health and a child's emotional wellbeing.

Constant pressure, feelings of inadequacy, or unresolved conflict can lead to anxiety, depression, or burnout.

Many parents push through silently, but being overwhelmed can make it harder to provide the stability children often need.

Kids are incredibly perceptive. Growing up around stress or conflict can lead to insecurity, low self-esteem, or them having mental health challenges of their own. The emotional environment around children can contribute to shaping their development and relationships.

The Australian Institute of Family Studies reports that around 1 in 5 Australian parents experience mental health challenges.

The good news? Support is available...

Counselling services or parenting programs can help parents to better understand how kids think and how to best respond.

Asking for help is an important first step if you or a parent you know is struggling. With the right support, parenting challenges can be less stressful.

CatholicCare Central Queensland offers family counselling services and has a range of parenting programs available to help with family connection and managing tough behaviours.

To learn more visit: www.catholiccarecq.com/families or call 1300 523 985

The CEO's Corner



At the end of July, I had the privilege of representing CatholicCare Central Queensland as a speaker at the National Care and Support Sector Conference in Perth.



The conference brought together leaders from across our care sectors, including disability, aged care, mental health, and early childhood education.

I was invited to participate in a panel discussion that explored ways to ensure our sector's future care models remain fair, sustainable, and responsive to the needs of the many people we support and care for.

It was inspiring to hear from voices across government, industry bodies, and other front-line service providers, who are all committed to driving innovation and meaningful sector improvement.



Our involvement in this national conversation reflects our ongoing commitment to lead with collaboration, compassion, and purpose. It was an honour to be invited to participate.

I am incredibly proud that CatholicCare Central Queensland is in a position to meaningfully contribute to shaping the future of our care sector.

Until next time,

Robert Sims

CatholicCare Chief Executive Officer

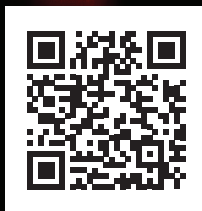


Have you upgraded your Smoke Alarms?

Every home, townhouse, and unit is required by law to have interconnected photoelectric smoke alarms installed by **1 January 2027**

Home Assist Secure can help!

Eligible Home Assist Secure (HAS) clients may be able to have new, compliant smoke alarms installed through the **HAS Smoke Alarm Installation Program**.



Find your local HAS provider by visiting:
www.catholiccarecq.com/hasproviders

(Ps. If you live in Bundaberg, it's us!)



For more information about the new smoke alarm laws visit: **www.fire.qld.gov.au**



Freshen up with a little help at home

Spring is a season of renewal and the perfect time to reset your space, your routine, and even your mindset. Remember, you don't have to do it alone.

Our support services can help you keep living life to the fullest, independently, safely and with dignity.

Not sure what's available? Here are eight of our services that could help you spring into the new season:



Light cleaning

Help with vacuuming, dusting, dishes or wiping down benches can keep your home feeling fresh and manageable.



De-cluttering & organising

Need help sorting out the spare room? We're here to lend a hand.



Personal care

Support with showering, dressing, using the toilet, or taking medicine is always delivered with the highest level of respect and care.



Laundry & linen changes

Because clean clothes and fresh sheets make everything feel a little better.



Transport

We can help you get to where you need to go, safely and on time, whether it's a doctor's visit or going shopping.



Social Support

A chat over a cuppa or doing an activity in the community can help you to stay connected.



Nursing

We have registered and enrolled nurses available to provide wound care, clinical assessments or advice on managing your health and wellbeing.



Counselling

Our counsellors can help manage life's challenges, big or small. We offer caring, confidential support to help you feel in control.

Would you like to learn more?

Call us on **1300 523 985** or visit our website: **www.catholiccarecq.com** to explore how we can support you or someone you care for this spring.



[Please note some services may not be available in all regions. Check website for details.]



Coffee Filter Papered Decorative Jars

Coffee filter paper covered decorative jars make an eye catching display on any coffee table. *Just make sure the filters have not been used first!*

You will need...

1x glass mason jar
2x white coffee filters
Watercolour paint
Paintbrushes
PVA art glue
Sponge applicator
Ribbon or twine
Paper towels

Source: craftsbyamanda.com

Just five easy steps...

1. Lay paper towels out on the work surface. Place coffee filters onto the paper towels and paint a pattern using the watercolours.
2. Allow coffee filters to dry, then tear painted coffee filter into pieces. The size is up to you, it just makes them easier to attach to the surface of the jar. Smaller pieces (about 2-inches) mean less wrinkles.
3. Apply a thin coat of PVA glue to a small section of the jar. Place a piece of the coffee filter onto the glued area, then apply a thin coat of glue over the top to secure it to the jar.
4. Repeat until the jar is covered and allow to dry.
5. Close and secure the jar top. Add a ribbon or twine around the rim of your jar, securing with more PVA or hot glue.



WONDERWORD

Single Named Singers

**Singers who let their songs do the talking,
not their names! Can you find them all?**

MADONNA	AKON	DUFFY	TIMBALAND
DIDO	BONO	EMINEM	SHAGGY
ENYA	USHER	ADELE	STING
PITBULL	MOBY	BEYONCE	LUDACRIS
AALIYAH	YAZZ	SEAL	TIFFANY

U	N	A	S	H	A	G	G	Y	D	L	E	T	F
E	O	B	A	L	B	A	I	C	E	N	Y	A	H
P	N	Y	A	Z	Z	R	S	Y	B	O	M	A	E
E	O	I	E	S	A	N	N	O	D	A	M	N	N
O	B	S	E	E	D	P	I	T	B	U	L	L	A
D	B	L	M	I	A	D	D	Z	E	N	N	E	D
N	U	H	D	S	A	A	U	O	L	N	E	A	E
A	B	O	M	I	L	B	F	E	A	O	Y	E	L
L	E	D	E	R	I	P	F	I	E	K	A	I	E
A	Y	A	N	C	Y	N	Y	O	S	A	I	H	F
B	O	A	I	A	A	T	I	F	F	A	N	Y	D
M	N	N	M	D	H	L	G	H	D	D	E	Y	B
I	C	L	E	U	Z	N	N	D	R	E	H	S	U
T	E	N	L	L	L	N	I	Y	S	T	I	N	G



Need a hint or looking for the solution?

Scan the QR code or visit:

www.catholiccarecq.com/wonderword

Wonderword Source: thewordsearch.com