



A Place of Healing, Growth and Discovery

Cara Vibe



A Message From the CEO Welcome 2017.....

May the dawning of this new year,

Awaken in your heart the joy of new possibilities,

And the wisdom of creative imagination.

Welcome to a new year and to giving children more opportunities for healing, growth, and discovery. As in previous years, we are looking forward to celebrating the wisdom of children's imagination at Cara House and CaraCare.

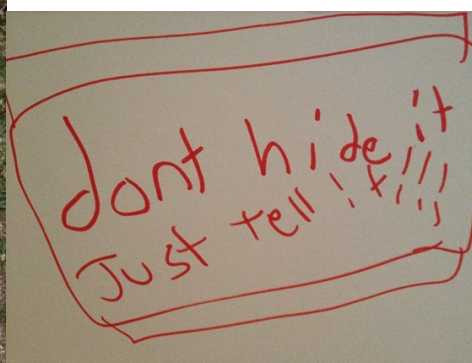
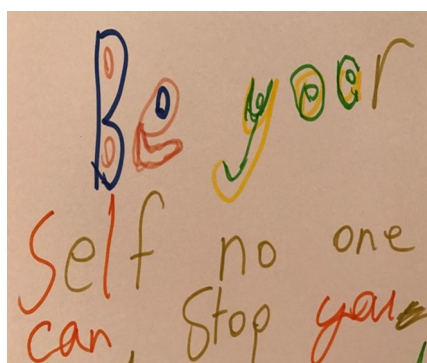
We Celtic Irish believed in many realms of existence, the physical, the spiritual the imaginal. Each place has a treasure trove of wisdom for us to use to enrich our lives. Noel Dermott O'Donoghue (2001; 29) points out that 'imagination is a free faculty' that is not bound by the eye that sees an object or the intellect that thinks about an issue.

He also distinguishes between imagination as flights of fancy and the wisdom of imagination 'that opens up a world or worlds beyond the everyday witness of the senses and even beyond or distinct from the ways of intellectual discourse and investigation'.

Engaging with the imagination is an opportunity for children to see themselves as something other than the problem that adults see them to be. In their imagination they can also find the way through what seems like unsolvable problems. This is beautifully summed up in the prophetic words of Albert Einstein, "No problem can be solved from the same level of consciousness that created it."

I invite you all to enter the realm of imagination with children. Tread gently as you go there, allowing children to lead the way. Allow yourself to be in reverent awe of the wisdom that awaits you there, letting children be the academics of the imagination. I hope they teach you well. I hope you learn much.

O'Donoghue, N.D., (2001). The Angels Keep Their Ancient Places. Reflection on Celtic Spirituality. T & T Clark. Edinburgh & New York.



Cara Kids Have Their Say

In services delivery with children and young people Cara House works in a Rights Specific framework.

Cara workers promote the voices of children to allow them choice, inclusion, safety and human rights. This can be captured in a number of ways from formal reviews, creative outlets and on our 'Kids Have a Say' wall. Cara Care CEO, Mary-Jo McVeigh, has co-authored the first CaraCare annual report with a young person. Please see CaraCare website for the full report. Please keep an eye out for our first Cara Kids newsletter coming out later this year!



A Place of Healing, Growth and Discovery

Cara Vibe



A Place of Healing, Growth and Discovery

Western Region Services

Cara West has been operating for the past seven and a half years. In that time the dedicated staff have supported many vulnerable children, young people and families via individual, dyadic, family and group therapies. Cara West has ran to full capacity across 2016, but due to continuing organizational changes Cara management made the very difficult decision to no longer provide a centre-based service in Penrith. On 16 December 2016 Cara West closed its doors. A special thank you is given to team leader Jenny Pitty who worked tirelessly to support the running of Cara West until its closure. Special acknowledgements are also given to Alys McLennan and Manny Kassiotis, and to all of those workers who supported Cara West over the years. And finally, to the brave children and families who have been a big part of the Cara West family- we thank you for your commitment to our service.

We are excited to say that we will be continuing to provide outreach services within agencies as an extra and continued support in 2017. These services include:

- ◆ Wrapped in Angels groupwork programs
- ◆ Leadership and consultation services
- ◆ Training and development packages for foster carers
- ◆ Training and development packages for professionals

For more information on outreach programs please contact Alys at intake@carahouse.com.au

Outreach Projects

Cara House has two new exciting partnerships underway! The first is a 9-month project with Bonnie's Support Services. Bonnie's supports women and children impacted by domestic violence and homelessness. The project started in August 2016 with new Cara family member Maria Losurdo, providing in-house counselling one day a week. As well as client services Maria provides worker consultations as needed and is working with the team on embedding healing into the physical environment. Work will extend to include two Wrapped in Angels groups in 2017.

"It's been a wonderfully chaotic and privileged experience so far. It's a great mix of women and children of all ages, young people, many languages and cultures. The resilience and strength of the women and children I've met is awe inspiring and it's an exciting challenge weaving cultural connection into the fabric of the healing journey." -Maria Losurdo

The second project is a 12-month partnership with Aboriginal Health Wentwest GP Network. "Doonside Families Are Deadly" is an exciting new approach to Wrapped in Angels in an Aboriginal cultural context. Focused on "What is it about your family that makes Doonside a better place" the project will go on a journey with local Aboriginal families and community. Starting with community engagement and planning; 3 groups that touch back in with the community after each group; and culminating in a "Doonside Families Are Deadly Community Art Exhibition". Local services and workers will be providing venues, group volunteers and connecting with families for ongoing support after the project. The project, due to start in early 2017, will be facilitated by counsellors Julie Wilson and Maria Losurdo. Julie and Maria will also both provide individual sessions as needed during the life of the project.

"Trauma is unfortunately common in some Aboriginal communities and conversations about this will come into the space as needed. The main focus will be on cultural pride, strength and resilience. It's very exciting and a little scary. We have no idea how things will unfold, but have a great trust in the community showing us the way!" Julia Wilson & Maria Losurdo



Cara Vibe



CaraCare Groupwork Programs

CaraCare had a very successful 2016 and we look forward to continuing our growth and development into 2017. Across the course of the past year CaraCare have been able to provide groupwork programs to 42 vulnerable children who have been exposed to trauma and abuse. Our repertoire of groupwork programs included:



- ◆ Wrapped in Angels
- ◆ Two Trees
- ◆ Fairy Gardens
- ◆ Hanging Gardens
- ◆ Shining Star Dance Program



CaraCare programs use an integration of traditional interventions with expressive therapies to engage children and young people so they can develop skills to build resilience. We truly believe that abused children are greater than the sum of the abuse they have been subjected to. They are full of potential and creative spark waiting to be ignited by those who care.

To show your support for children who have been abused, traumatised and severely disadvantaged please donate to CaraCare on our website at <http://www.caracare.org.au/>

Community Events

CaraCare hold a number of fundraising and community events each year. The dedicated staff and CEO attend and host these events so that the public are able to meet the team and ask questions about their important work. Some of the events held across 2016 included the Annual Gala Ball, CitytoSurf, Everyday Heroes Christmas Drive and the Children's Christmas Party. Join the team and support the cause in the 2017 events such as the Biannual Art exhibition and City to Surf. To purchase tickets for our Annual Gala Ball please visit our website at

<http://www.caracare.org.au/>



Picture left: CEO Mary-Jo McVeigh at the Concord Fair.

Annual Gala Ball

Date: Saturday 13 May 2017

Time: 7pm

Venue: Le Montage, Lilyfield

Tickets: <http://www.caracare.org.au/>





Cara Vibe



Fundraising

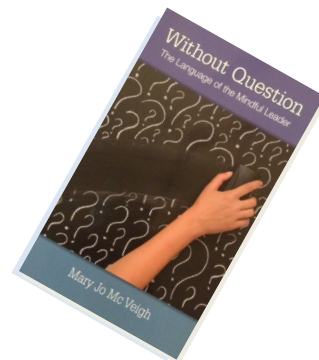
CaraCare provides innovative and unique group work programs for children who have been abused. Trained trauma therapists assist children in overcoming trauma by harnessing the innate healing potential of music, dance, movement, and creative art forms.

There are many ways you can help CaraCare to provide these programs for kids overcoming trauma. If you have auction prizes to donate to our Gala Ball please email Manny@carahouse.com.au

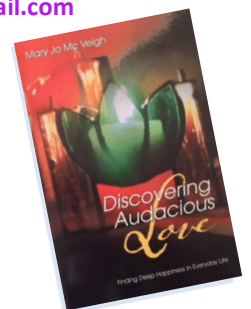
Or become a CaraCare supporter to raise funds. Why not turn something you love doing that brings joy into your life into a fundraising opportunity for CaraCare. From sitting comfortably at breaky with friends to bushwalking for kilometres, we are keen to hear from you about what you would like to do to raise money for Cara. Simply fill in the very simple fundraising information sheet, email it to us and one of our staff will call you to thank you and to discuss any details. Please visit:

<http://www.caracare.org.au/>

To Purchase CaraCare oils please visit:
<http://www.secretscents.com.au/caracare>



To purchase books please email
mjmcveigh.cara@gmail.com



Donations
To show your support for traumatised children please donate to CaraCare by visiting our website:
www.caracare.org.au/

To purchase the Annual Gala Ball tickets or register for other events please visit:
<http://www.caracare.org.au/>