



A Place of Healing, Growth and Discovery

# Cara Vibe



## A Message From the CEO of Cara House

### Welcome 2016.....

**F**áilte go dtí bliain nua agus níos mó deiseanna do leighis, fás, agus fionnachtain a thabhairt do leanaí. Welcome to a new year and giving children more opportunities for healing, growth, and discovery. I am not a big believer in New Year's resolutions as I see too often the inability to keep them making people defeated and further ashamed of their own wonderfully perfectly imperfect humanity. Make your next New Years resolution not to have New Years resolutions that make you feel bad about yourself.

*I believe instead in New Year's revolutions. The revolutionary definition I am using here is one of transformational change not violent upsurgeance.*

When we wake to greet each new day in 2016 I invite us to consider what part we can all play in transformational change in our work. One child who knows suffering could be eased with a smile we give. A young person who knows confusion could be steadied by our presence. Another who is lost to themselves could be reawakened to their beauty by our compassion. We do not need to mount the clinical 'battle steed' that beholds therapy as a challenge, a problem to be solved, a client to be cured.

To make great changes in a child or young person's life we can instead approach them with the gentle gaze of the revolutionary's heart. That heart that sees what many cannot- that great change is possible in small ways and small changes are great in their possibilities for transformation.

My rebel heart welcomes all of you to this first addition of 2016 of the Cara Vibe. Welcome to those who came on the transformational journey for children and young people last year at Cara House and CaraCare and welcome to our new colleagues who join us for the first time this year. Take with you into your work in 2016 this rebel heart and enjoy not knowing what transformations lie ahead for not just the children and young people you serve but possibly for yourself as well. Let me finish with the transformational words of one young boy who attended a CaraCare group in 2015:

*"I never knew I was this kind. I think I have grown up in this group." ★*



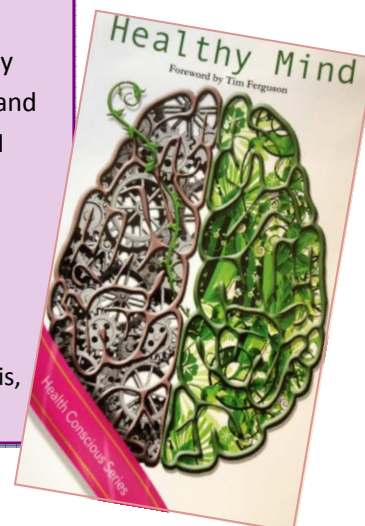
## Book: Healthy Mind



**Healthy Mind** features articles from ten diverse professionals who explore the concept of a healthy mind from their specific viewpoint, and offer tips and exercises on creating and maintaining good mental health.

To purchase please call Cara House on 87650261 or email [mjmcveigh.cara@gmail.com](mailto:mjmcveigh.cara@gmail.com)

**Picture:** Healthy Mind book launch. From left; Alys McLennan, Manny Kassiotis, Mary-Jo McVeigh, Esra Mustafa and Jenny Pitty.





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## Cara House: Intake and Referral

### **W** hat do we do?

Cara House offers a safe place for children, adults and families to heal from the impacts of trauma caused by exposure to violence, neglect and abuse. Our overarching philosophy is a belief that “safety” is a basic human right for all children. We therefore operate from a child protection framework where children’s safety is paramount. Our Cara clinicians draw on a wealth of experience and expertise to engage those individuals, families and agencies that seek our service. We offer family counselling support, play/art therapy, parent / carer coaching and group work programs. Agency workers can access professional consultation, training and individual supervision at Cara from highly skilled clinicians with years of expertise.

### How do you access Cara Services?

Cara Concord has a designated Intake manager, Liz Morrison, who is your first contact. Liz provides Intake service at Cara House each Thursday from 10.00 am. till 3.00 pm. Messages left on the Cara message bank will be responded to in a timely manner, and, please note that while Cara House is not a crisis service, we do endeavor to respond to each enquiry.

Cara House is located at 148 Majors Bay Road Concord. Additionally Cara also offers an outreach service located in Penrith, which offers services to the lower Blue Mountains.

### Cara Intake Steps

- The Initial telephone enquiry will ascertain if the referral is appropriate and also clinician availability. Alternative options can be discussed at this time.
- A Cara Referral Form will be emailed to the worker referring, (a different form to someone self referring), and also the Cara Fee schedule.
- We ask that completed referral forms be returned to Intake within a two-week time frame.
- On receipt of the referral paperwork, Intake Manager then approaches Cara Clinicians for availability to accept the referral.
- Once allocated the Cara Clinician contacts referrer to set up appointments and arrange the working contract.
- Enquiries regarding Cara training, Cara Group work programmes, and Clinical Supervision can be directed to Cara Intake Manager to follow up. ★

## Cara West in South Penrith

### **Referrals are now open.**

Last year was a busy one for Cara West and we ran to full capacity. From February 2016 we are delighted to welcome Manny Kassiotis as an additional practitioner at this venue.

The Team at Cara West would also like to thank Penrith Leagues Club for the wonderful opportunity to decorate a hope tree at Christmas on behalf of CaraCare. Decorations were all hand made to the themes of connection and belonging.





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## End of Year Party



*Cara Representative Manny Kassiotis with Santa and his special helpers at the Christmas Party.*

**O**n 21 December CaraCare hosted its very first summer party for children we have had contact with throughout the year. There were 24 children who attended the party with their parents/ carers and there was a special appearance made by Santa Claus.

Throughout the day there were various arts and craft activities that the children participated in, including face-painting. Cara Care would like to thank the generosity of the management and staff of Le Montage in Leichhardt who kindly donated all the food for the event that enabled us to have an amazing lunch to end the day with.

Cara Care is thankful for all those who attended, as well as the staff who volunteered their time on the day. The success of our very first summer party has ensured that it will become an annual event in our calendar! ☆

**A**t Cara House, we often use tactile intervention techniques to allow children, young people and adults to express their thoughts and feelings about their inner experiences. Sometimes, relying on words alone is not enough for individuals to clearly express what is currently happening for them. Using sand is a safe and different way to communicate to the therapist. Neurobiological research validates the idea that traumatic memories are stored in the right hemisphere of the brain, together with non-verbal experiences such as images, body sensations and emotions. Using sand can be an effective way of accessing these subconscious feelings in a safe environment. Sand is a great sensory tool for children to explore their sense of touch, and it's a lot of fun!

### Moon sand recipe

(From: *The Imagination Tree* <http://theimaginationtree.com/2013/06/home-made-moon-sand-recipe.html>)

- 4 cups play sand
- 2 cup corn flour (corn starch in US)
- 1 cup water
- 2 tbsp coloured powder paint (we divided our plain mix into two so we could make both pink and purple)
- huge sprinkling of glitter

### Method:

Mix the sand and cornflour in a large bowl until combined. Then tip in the water in increments, mixing it in as you go. It should end with the consistency of a crumbly pastry mix. If it doesn't hold together when formed in a ball then add a tiny bit more water until it feels right. The mix should feel slightly damp. Stir through the colours using as many as you like. Use your fingers to thoroughly mix the colours (like making breadcrumbs or pastry). This stage is fantastic for developing fine motor skills! Next step is to PLAY! (always the best bit of course!) - add small scoops, spades, sand moulds and buckets for fun. ☆





# Cara Vibe

## Penrith Leagues Club

### Generously Donates to CaraCare

**M**any victims of abuse and trauma feel isolated, alone and different from their friends, family, and community networks. These heavy feelings are often compounded by the phenomenon that our society still shies away from fully acknowledging the violence, abuse and neglect perpetrated against children, as it is considered a taboo subject. CaraCare asks:

*Will you dare to unlock the caged door of indifference and let the suffering of another into your heart?*

*Will you rip apart the veil of wilful ignorance and know the pain they go through?*

*Will you shatter the glass walls behind which your own comfort lies and say I care, I care. I care?*

*And as your voice raises you to action will you take with you the beauty of the blood red rose, the hope in the rise of the new sun, the love in the whisper of the wind and lay them at the feet of those for whom you dared to care.*

~Mary-Jo McVeigh

The Penrith Leagues Club answered these cries by reaching out to CaraCare and answering with a resounding YES, WE CARE! In 2015 Panthers Leagues Club generously donated funds to CaraCare. With this remarkable support the practitioners of Cara West will be able to facilitate 2x Wrapped in Angels groups and 2x Two Trees groups for child survivors in the local community.

*Wrapped in Angels* is run as a journey of re-discovering the meaning and connections in life. It is a journey of resilience that explores the woven, textured fabrics of the intricacies of life and explores what has sustained and nourished children when facing trauma.

*Two Trees* is a group therapy program that helps children who have suffered multiple losses as a result of the trauma and separation from their birth family. Children often experience parallel losses of person, place and possessions – all things of meaning and significance. Two Trees provides an environment where these struggles can come out into the open and where children can be guided by skilled adult facilitators to find some resolution.

It is with a deep heart of gratitude that CaraCare gives thanks to Jason, Vanessa and the Panthers Leagues club. Their commitment to supporting under-privileged local community members helps organisations like CaraCare to continue to provide services to many deserving people. Together we work to build a more positive future for children in need within the Penrith local area. ★





# Cara Vibe

## Finding the Joy in Healing

**T**he inaugural CaraCare Art Exhibition in October 2015 attracted a variety of works. From the craft inspired, to photography and oils - the themes of **hope, love, joy and gratitude** shone through ever so brightly.

The exhibition was opened with some readings by Mary Jo McVeigh from her publication *Audacious Love*. One reading recalled the bombing of family bar in Ireland – “I took from my father’s anguish the courage to hold the pain of yesterday in a living embrace and live within the next moments of life, acknowledging joy’s eternal presence waiting for me to meet it again. It is in those next moments of life that possibility exists – that my connection to hope lies (pg. 9).”

Over 15 artists contributed their works to this event – both the young and the young at heart. There were framed miniature hats, glasswork and studies of flora and fauna. Our dramatic Australian seaside was captured along with a collage of a young child’s expression. The arts are an amazing way to tap into the soul of our humanity and the breadth of our spiritual expression. Through colour and texture the artists in this years exhibition captured our hearts and minds.

Our thanks go to all those who supported the exhibition. CaraCare is especially grateful to the artists who donated their time, energy and art works to the exhibition: Zoe Sharman, Graham McLennan, Lushu, Orla Gleeson, Irene Flissinger, Janice Liley, Carinascraft, L-Rose Designs, Leah Consunji and Aileen Anderson.

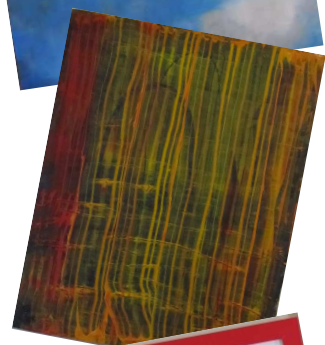
All funds raised will be used to run resilience based groups. ★

Below: Artworks donated to CaraCare by local artists



**Above:** artist Graham McLennan with a seascape painting and CaraCare Co-Founders Mary-Jo McVeigh and Michael Harvey

Cara Kids donate a collaborative artwork



**Left:** Mary-Jo presenting a reading from “*Discovering Audacious Love*”

“As I started to allow the joy of discovery to fuel me, I noticed the most wonderful of things I noticed that just at the level that my eyes focused was the mountains’ beauty – flowers, butterflies, humming birds, rock formations and at one time a gently flowing river”.

To purchase please visit website: [www.maryjomcveigh.com.au](http://www.maryjomcveigh.com.au)

To show your support for traumatised children please consider donating to CaraCare by visiting our website: [www.caracare.org.au](http://www.caracare.org.au)



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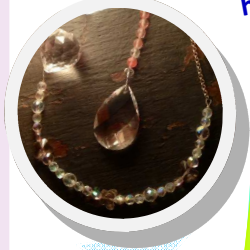
## Upcoming Events

### CaraCare Art Exhibition

Buy yourself a fabulous new art piece to brighten up your home!

All the beautiful artworks are generously donated by local artists.

Find out details by visiting website: <http://www.caracare.org.au/events/>



### Secret Scent

Recognise the significance that 'sense' has to the healing process

To purchase a CaraCare aromatherapy roll-on oil or essential oil, please visit this weblink: <http://www.secretscents.com.au/caracare>



### Coming Soon!

- Blessings CD
- Crystal collection
- City to Surf Team

## Charity Ball

Dress your best and join us at the Charity fundraising ball:

**7pm Friday 6th May  
Le Montage, Leichardt**

To purchase tickets please visit: <http://www.caracare.org.au/>

### Donations

To show your support for traumatised children please donate to CaraCare by visiting our website: [www.caracare.org.au](http://www.caracare.org.au)