



Cara House
A Place of Healing, Growth and Discovery

Cara Vibe



CaraCare
A safe place for children to grow

A Message From the CEO *Welcome 2020.....*

The term 20/20 vision is used to describe clarity or sharpness of sight. As we journey forward into 2020 we hope to do so with renewed clarity of vision for our work and invite you along with us on this voyage. Navigating safely in all travels requires clear views ahead. This helps the voyager keep on track to reach their destiny. At Cara we endeavour to

- ◆ Use as our compass the clarity found in honouring children and young people as experts by experience
- ◆ Allow the clarity of humility to steer us in the right direction
- ◆ Harness the clarity of courage to do what needs to be done in the stormy moments of practice
- ◆ Anchor our actions in human rights and social justice that seeks not to change children but liberate them from all forms of oppression
- ◆ Welcome how we are changed by the work and see this as evidence of the ethical life lived, not the life changed by trauma
- ◆ Come into the harbour with grace wherever we land, knowing there is no final destiny in our work but an ongoing commitment to our work with children and young people

As in previous years we look forward to working with you along the way and offering services to your children and young people.

Awards and Accolades

After 35 years of being in service to vulnerable and at risk children and young people, Mary Jo's lifetime achievement has been recognised as she was awarded the Australian Allied Health Awards 2019 Social Worker of the Year. When interviewed and asked what her message would be to the allied health community, Mary Jo replied "When the weight of the work feels heavy and you stumble, lift your head up. Fix your gaze on a horizon that reminds you why you do this work and the people you serve. Then rise up with great joy and renewed enthusiasm."

In order to meet our organisational objectives to provide excellence in service to children and young people who have been abused, Cara House staff are supported to further their knowledge and education base in whichever manner sparks their interest. To this end, throughout 2019, two staff members underwent training intensives, and we would like to congratulate Manny Kassiotis who recently graduated from a 2 year Post Graduate Diploma in Bereavement Counselling for Children and Alys McLennan who graduated from a 350 hour yoga teacher training. We look forward to them applying their new knowledge here at Cara House.





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Cara House Update

Many of you would have been familiar with our beloved therapy dog Toby who worked at Cara House for 12 years. Toby brought joy, comfort and a sense of a safety to many Cara visitors across his years of service.

We sadly need to inform everyone that Toby passed away on Tuesday 13th August 2019, in the company of his loving family. His dedication to young people was recognized at Cara House on the 14th September, with a memorial tree planting ceremony. This bottlebrush tree will stand as a reminder of our dear friend Toby for years to come.



Conferences and Keynotes

Throughout 2019, Mary Jo and the Cara House team were honoured to be invited to present at a wide number of industry conferences, both locally and abroad. Some of the important topics that we shared with our peers included human rights, resilience, trauma informed care, child protection and epigenetics.

Cara House was represented internationally at a conference, when the Association of Children's Residential Centers invited Mary Jo to New Orleans to deliver the keynote speech at their international conference, where she spoke about a human rights framework for trauma intervention with children and young people. Mary Jo said of the experience "While New Orleans is far from Concord, in terms of the attendees and topics discussed the kilometers melted away. I got to hear and converse with many dedicated professionals who care as deeply for children and young people as we do at Cara. While we are a tiny organisation it is heartening to know we are part of a global network of caring professionals."

In addition, Mary Jo and Cara House facilitated our own human rights forums, providing information to our local community partners on human rights within Australian interventions.





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CaraCare had another year of service to vulnerable children and young people with 106 referrals and 79 participants in our free group work programs. As CaraCare is able to continue its great work based solely on the generous donations from individuals and local community members, we will be hosting our first Ceilidh on March 28th at the Concord Community Centre. This is a family event, where people from all ages are welcome to join an evening of Scottish ceilidh dancing, music, raffles and celebrations. No experience is necessary, as we'll have experts on hand to call the night. All cultural attire is welcome, and light food and beverages will be provided. To purchase your tickets, visit www.caracare.org.au/events/ceilidh

CARACARE IS PROUDLY SUPPORTED BY CLAN MACLENNAN AND CANADA BAY COUNCIL FOR THEIR FIRST

CEILIDH DANCE FOR A CAUSE

Date: Saturday 28th March 2020
 Time: 6.45 arrival for 7 PM - 10 pm
 Venue: Concord Community Centre: 1A Gipps St. Concord NSW 2137
 Adult tickets: \$25, Child prices available
 Register online:
<https://www.caracare.org.au/shop/ceilidh>



Community Development

CaraCare intake worker Alys McLennan visited many of our community organisations to further the awareness and understanding of the charity and the wonderful services that we provide. As part of this work, she visited 11 organisations, and hosted visits from 3 students to Cara. This initiative will continue in 2020, should you want a CaraCare representative to visit your agency, or if you have a student who requires a site visit as a part of their placement, please contact Alys at intake@caracare.org.au



Annual Gala Ball

Date: Saturday 16th May 2020
 Time: 6.30pm– 11.30pm
 Venue: Le Montage
 Tickets available for purchase at
www.caracare.org.au/events/tickets



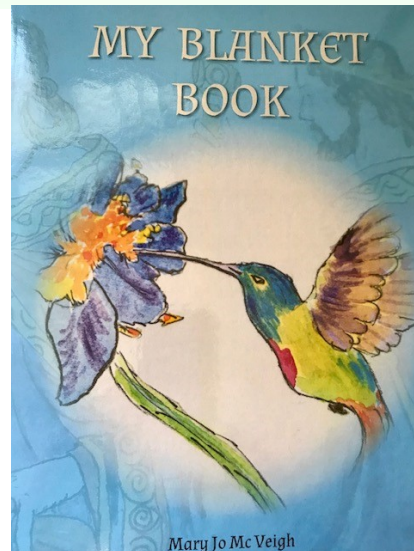


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New Therapeutic Resource for Children

Cara has released a new children’s book, **My Blanket Book**, which is available to purchase online or at the house for \$22.50. This beautifully illustrated therapeutic story book explores themes of resilience, community, grief and loss, anger, safety, connection and recovery. It can be used as a stand alone therapeutic resource and it also informs a part of *Wrapped in Angels: A resource for working with children, young people and adults*. *Wrapped in Angels* is a journey of resilience that explores what has sustained and nourished children and families through difficult times.



CARACARE 2020 GROUPWORK CALENDAR

CaraCare provides innovative and unique group work programs for children who have been abused

- Each school term a trauma informed parents/ carers program will be facilitated



TERM ONE

- Holiday Program
- Wrapped in Angels
- Singing; Domestic Violence



TERM TWO

- Gardening
- Wrapped in Angels; Boys anti violence
- Dance; Disability
- Yoga Program: Adolescent females
- Parents/ Carers; Trauma informed care



TERM 3

- Writing Program
- Wrapped in Angels; Bullying
- Cara House
- Yoga Program: Adolescent females
- Child Protection Week Event



TERM 4

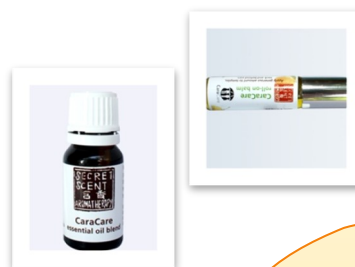
- Gardening
- Wrapped in Angels; Domestic Violence
- Mental Health Week Event



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



Donations
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traumatised children
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