

# OurSPACE WA

## Family & Foster Carer Counselling & Support Service

### What is OurSPACE WA?

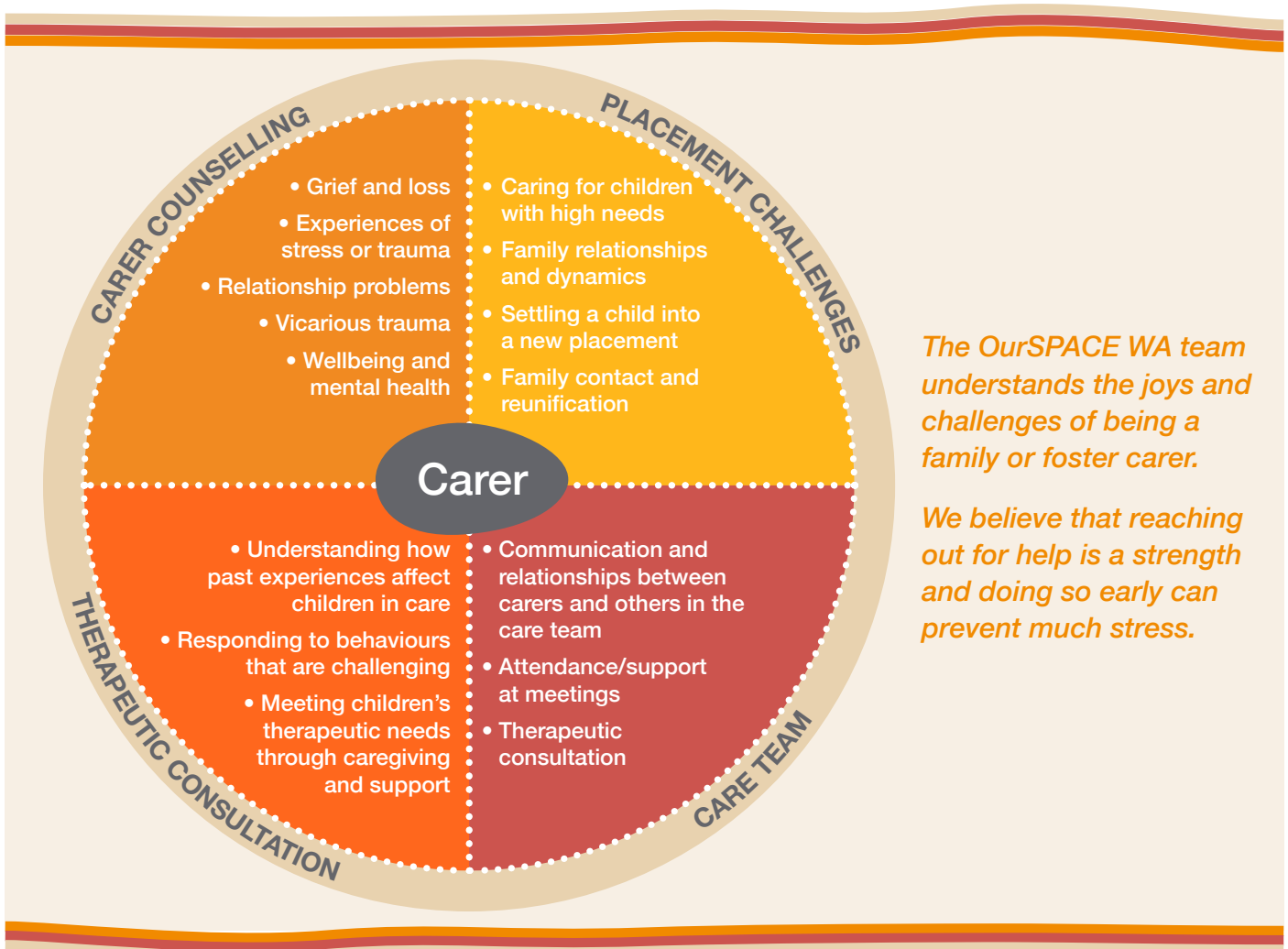
OurSPACE WA is a counselling and support service for Department of Communities family and foster carers. The service is state-wide, free, and confidential. Meetings are held over the phone or by videocall, and some face-to-face sessions can be offered in the Perth area.

OurSPACE WA is delivered by a team of experienced Senior Counsellors/Therapeutic Specialists from the Australian Childhood Foundation. Aboriginal carers can talk with an Aboriginal counsellor, if they prefer.

### How can OurSPACE WA help?

We listen to a carers story and what is important to them, so together we can decide on the best way to help. OurSPACE WA is respectful of carers beliefs and culture.

**OurSPACE WA provides counselling and support that can help with:**



*The OurSPACE WA team understands the joys and challenges of being a family or foster carer.*

*We believe that reaching out for help is a strength and doing so early can prevent much stress.*

### How to contact OurSPACE WA?

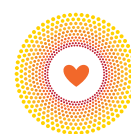
OurSPACE WA accepts referrals via phone or email from carers, Department of Communities staff, or other professionals.



Please call us  
on 1300 381 581



Or email us at  
[ourspacewa@childhood.org.au](mailto:ourspacewa@childhood.org.au)



Australian  
Childhood  
Foundation