

# C.A.T.C.H PROGRAM

Child & Adult, Therapy, Counselling and Healing

## What is C.A.T.C.H?

At Nexus Primary Health we provide a therapeutic program known as C.A.T.C.H – which stands for Child & Adult, Therapy, Counselling and Healing.

This program provides a range of therapeutic interventions for individuals and groups within the Mitchell and Murrindindi Shires.

## Eligibility

C.A.T.C.H is open to children, young people and families who require therapeutic interventions, counselling and support.

## Funding

C.A.T.C.H. services are available through a range of funding pathways, including:

- Community Health\*
- Family Violence support programs
- NDIS
- Brokerage arrangements
- Self-funded options

*\*Please note: Community Health clients may be required to pay a co-contribution of \$13 per session from 1 July 2025.*

## Referral Process

For referrals and enquiries on the C.A.T.C.H Program, please contact us directly on:



intake@nexusprimaryhealth.org.au



1300 77 33 52



we value **CARE**

## Our Services

### Theraplay®

Enhances child well-being by strengthening the parent or carer relationship, promoting healthy attachment, and supporting mental health. The program is effective at helping children overcome fears, understand and regulate their emotions and facilitates positive change. Theraplay® is suitable for all age groups, abilities, including children who have experienced trauma.



### Horses Assisting You (HAY)

HAY is delivered on local rural properties, with two qualified and experienced facilitators and herds of horses. Sessions help people of all ages to manage emotions, face fears and learn how our behaviours affect us and others. HAY provides a safe way for people to deal with various challenges including Autism, ADHD, bullying, trauma, depression and anxiety to name a few. We can work with individuals, couples, families, groups and teams.



### Animal Assisted Therapy

Teddy, the Therapy Dog, is part of the Nexus team. He participates in both school and office-based therapy sessions.



He is soft, gentle and empathic, allowing children to experience non-verbal connection and interaction.

### Therapeutic Counselling

We use a play-based, child-centred counselling approach. Children, young people and their families will learn about emotional regulation, communication, and positive social interactions. We help people to build resilience and confidence through targeted skills teaching and expressive therapies.

### Therapeutic Group Programs

We offer a range of group programs, often delivered in schools. These include Sunshine Circles, The STAR Program, Tuning into Kids and other special groups and projects by request.