



**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 2018.....*

# W

ith each passing year Cara House and CaraCare strengthens its human rights framework. We regard therapeutic intervention in the lives of children and young people effected by maltreatment as a platform for their healing and an opportunity to strengthen their human rights. This calls for children and young people to be given an active role in the evaluation of our services at every level.

Australia, as a signatory to the United Nations Convention on the Rights of the Child, (UNCRC), has an obligation to promote children and young people's agency in decision-making. By providing the space for children and young people to participate in practice evaluation and service delivery CaraCare & Cara House fulfils the responsibilities required by the United Nations Convention on the Rights of the Child. Moreover, this participation is a fundamental part of the healing process. The power of healing lies in counteracting the experience of children and young people who were rendered powerless and silenced by the abuse they experienced. At CaraCare & Cara House children and young people have opportunities to 'be more' than the abusive experience or the checklist of adult determined symptoms. We hope to deepen this aspect for our work further and further and see children and young people guide us in unfettering their potential to heal and be 'the more' they were born to be.

## Cara Canine Therapist

**C**ara House has long welcomed the healing support of our Canine Therapist, Toby Mc Veigh. Toby has worked at Cara house with vulnerable persons for over a decade now. He has provided warmth, security, fun and much love to many people, young and old, who have attended Cara House. Cara House would like to announce that Toby is now retired and that will be enjoying some rest for the remainder of his Golden Years. Please join us to celebrate his achievements on Saturday 26 May at 10.30am.

Last year his work was honoured in the children's newsletter and the faery garden was named after him, "FaeryTobia". Cara House hopes to soon publish a paper highlighting Toby's positive involvement in therapeutic interventions at Cara House. This paper will be captured with a child-centred focus. Cara House would like this opportunity to thank the City of Canada Bay Council for their support on this project.





A Place of Healing, Growth and Discovery

# Cara Vibe



A Place of Healing, Growth and Discovery

## Telstra Business Awards

**M**ary Jo Mc Veigh established Cara House over a decade ago to support vulnerable children, families and adults. Mary Jo’s counselling work came from humble beginnings. She travelled to clients, taking with her only one cardboard box full of therapeutic resources. Now Cara House is one of Sydney’s leading trauma centres. Being a finalist in the 2017 Telstra Business of the Year Awards, Mary Jo has proven that caring for children and business acumens are not mutually exclusive. Cara House was one of the top 25 NSW business finalists of the 5000 applicants and was nominated for the Micro Business category. “Being at the Telstra business awards I was inspired to see that everyone there was full of spirit and heart. They all had a story and most came from humble beginnings just like me.”



## Women Who Lead Campaign

Mary Jo Mc Veigh was honoured to be included in Who Magazine’s ‘women who lead’ campaign as a representative for the category “Women Who Care” . [Article right]



**MARY JO McVEIGH**  
**HEALING WITH LOVE**

The Irish-born trauma therapist and mental-health social worker has been treating abused children in Sydney since 1996. As part of her innovative approach, McVeigh, 56—founder of the trauma centre Cara House and charity CaraCare—incorporates aspects of her Celtic spirituality into her therapy. In turn, “We are seeing the depth of wisdom children and young people bring to the healing process,” says McVeigh, who’s passionate about bringing a human-rights perspective to working with abused children. “I am choosing to spend my time in the service of love.”



# Cara Vibe



## CaraCare Programs

**C**araCare had a very successful year and has supported 51 vulnerable children and youths by hosting 12 creative groupwork programs and 4 specialist activities. CaraCare has been able to provide these unique healing opportunities due to the support of our local community. A big thank you to Harvey Norman, City of Canada Bay, Tigers Football, This is HCD, Owen E, Eden Equine and the many individuals who attended events or gave donations. To show your support for children who have been abused please donate to CaraCare on our website

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



Picture left: CEO Mary Jo Mc Veigh and Co- founder Michael Harvey being presented with a generous donation from the Harvey Norman conference attendees.

Below: CaraCare movement group supported by the Tigers Football Club.

Bottom: MP Jodi McKay, Co- founder Michael Harvey, Mayor Helen McCaffery and CEO Mary Jo Mc Veigh at the launch of the CaraKids Magazine.

## 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 2017 included the Annual Gala Ball, Art exhibition, CitytoSurf and the children’s newsletter launch.



Picture right: The CaraKids artwork sold at the biannual art exhibition held in November 2017





# Cara Vibe



## Mayor's Golf Day: City of Canada Bay

**C**araCare were delighted to be nominated by Angelo Tsirekas, Mayor of City of Canada Bay, as the local charity beneficiary to receive funds raised from the annual golf day. Thank you to Angelo, Sonja and all of the dedicated staff who put the day together, as well as the amazing golfers and supporters of CaraCare! We are very thankful for the ongoing support that the City of Canada Bay have shown CaraCare.

Pictured from right to left: Michael Harvey (Co-founder of CaraCare) Angelo Tsiresekas (Mayor of City of Canada Bay), Alys McLennan (CaraCare therapist) and Conor Mc Veigh (CaraCare Mentor).



## Fundraising

**C**araCare 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. Attend events or become a CaraCare supporter to raise funds. 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](mailto:mjmcveigh.cara@gmail.com)



**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/)

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