



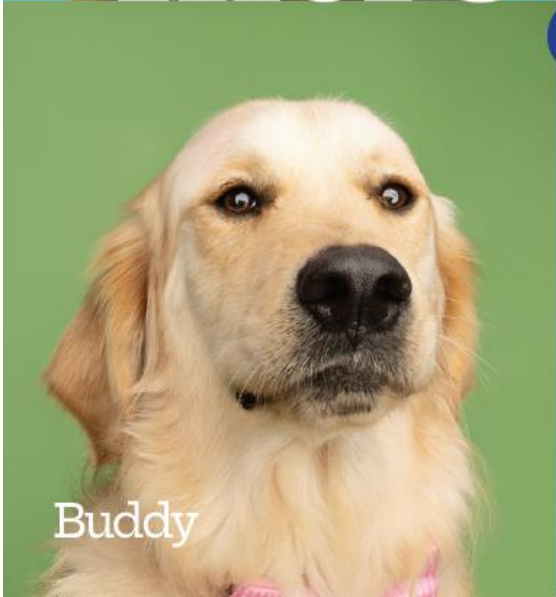
Woody



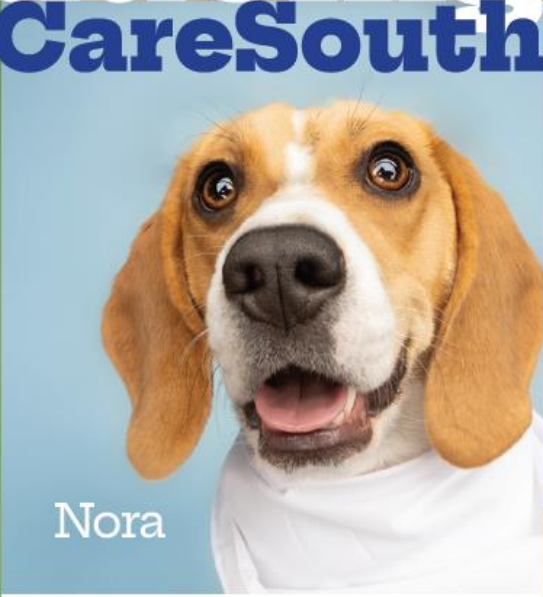
Iris



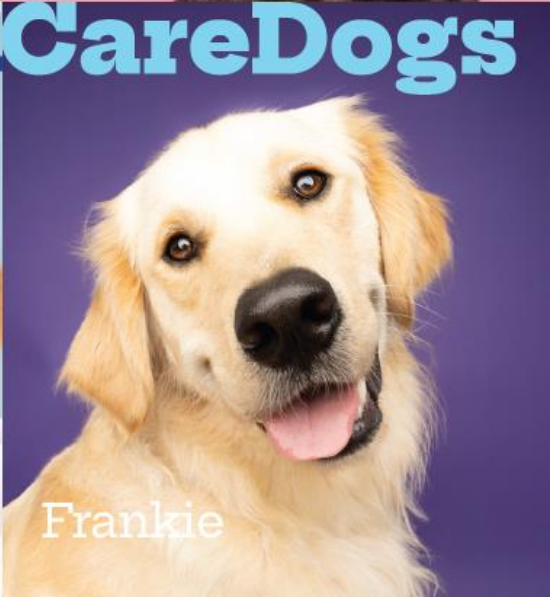
Charlotte



Buddy



Nora



Frankie

Introducing CareSouthCareDogs

CareDogs

Introducing CareSouth's CareDogs

At CareSouth, we believe everyone deserves a terrific life. Our latest program – CareDogs – supports this by using specially trained dogs to enrich the lives of those we support.



CareDogs provide therapeutic support and companionship to children, young people, families and people with disability. We're celebrating this innovative service with the launch of our 2024 CareDogs calendar, featuring all of our pawsome pups.

About CareSouth

CareSouth is a community-services organisation helping people build better futures, no matter their circumstances. We offer services in foster care, NDIS, early intervention, youth support and homelessness, and therapeutic residential accommodation services.







CareSouth
CareDogs

CareSouth EVERYDAY

The Therapeutic Benefits

The research speaks for itself. Beyond the sparks of happiness, connecting with dogs brings important emotional and psychosocial benefits.

-  Reduces symptoms of depression, post-traumatic stress disorder and anxiety. Helps regulate emotions and feel safe and calm.
-  Improves social, cognitive and emotional functioning through the power of touch and connection.
-  Boosts happy hormones and reduces stress to improve social bonding skills. Teaches empathy and improves communication.
-  Practitioners who use dogs as part of their sessions are often seen as less threatening, improving the effectiveness of support sessions.

After all, it's hard not to feel the warm fuzzy feelings of joy when you're enthusiastically greeted with a wagging tail.

CareDogs

