



The meaning of life

Research shows us that the search for purpose and meaning in life is important to us as human beings.

But why do we search for meaning in our lives, and how might we find it?

Right now we may be searching for purpose because we are experiencing adversity - job loss, financial stress, loneliness and frustration as a result of the Covid-19 pandemic.

To find purpose in our lives and create hope for a brighter future, we can ask ourselves four basic questions. Learn more about these in the link below.

[Read more](#)



TOP STORIES

[Improving mental health for fullness of life](#)

Social Justice Statement a timely reminder of young people's mental health needs.

[Happy fathers - happy children](#)

Marriage Educator explores the link between a strong marriage and happy kids.

[Support for Bushfire recovery ongoing despite COVID-19](#)

An update and interview with our Bushfire Practitioner Thérèse Kearney.

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Donate today and **give vulnerable individuals and families the opportunity to live “life to the full”**

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ACCESSING SUPPORT DURING COVID-19

If you're experiencing financial hardship, increased anxiety or depression, or you need a helping hand, we're here for you. Talk to our friendly staff today.

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We provide family and relationship support services, relationship courses, pastoral services, refugee and asylum seeker support, and school and education support. Our services are offered to the whole community, regardless of religious belief or background.