



## Illawarra Shoalhaven Local Health District

Term 1 2023

### Welcome !

Welcome to the 25th edition of the ISLHD School-Link Newsletter!

This Term's focus is on mental health resources, referral options and online resources.

Also including recently received service flyers, program promotions and training opportunities.



### About School-Link

Aims of the School-Link Initiative:

- Early identification of mental health issues
- Provide access to evidence-informed mental health programs in schools and TAFEs
- Early-access to specialist mental health services
- Support for the recovery journey

### A Teachers Guide: Supporting the Wellbeing of Primary School Children

The Teacher's Guide provides intervention strategies to support a Primary School student demonstrating behaviours of concern.

**Access the Teacher's Guide:**

<https://www.islhd.health.nsw.gov.au/services-clinics/school-link-teachers-guide>



### Circulation

- Principal
- Deputy Principals
- Counsellors
- Head Teachers
- Year Advisors
- HT Welfare
- LS Team
- SSO
- PD/H/PE
- Staff Room
- Students

### ISLHD School-Link Website

Resources from NSW School-Link teams:

<https://www.islhd.health.nsw.gov.au/services-clinics/school-link-illawarra-shoalhaven>



### Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)

Child, Adolescent & Youth Mental Health Service (CAYMHS)

Level 7, 5 Bridge St, Coniston NSW 2500

David Bunder: School-Link Coordinator

Mobile: 0427 424 514

Email: [david.bunder@health.nsw.gov.au](mailto:david.bunder@health.nsw.gov.au)

Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

Email: [Johanne.Sneddon@health.nsw.gov.au](mailto:Johanne.Sneddon@health.nsw.gov.au)

## Mental Health Resources

# Accessing Mental Health Services



If you or someone you know is in crisis and needs help now, call triple zero (000).

## Mental Health Line

If you or someone you know needs help, the Mental Health Line offers:

- professional help and advice
- referrals to local mental health services.

It is staffed by mental health trained staff who will ask questions to determine if you or, the person you are concerned about, needs ongoing mental health care and how urgently it is needed. They can put you in contact with the most relevant mental health service for children, teens, adults and older people.

The Mental Health Line is available to everyone in NSW and operates 24 hours a day, 7 days a week. Call **1800 011 511**.



<https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx>

## Illawarra Shoalhaven Local Health District Mental Health Services

Complete list of Mental Health Services and referral pathways offered by ISLHD, including:

- Child, Adolescent and Youth Mental Health - Inpatient and Community
- Aboriginal Health
- Eating Disorders Service
- COPMI (Children of Parents with a Mental Illness)
- Family and Carer Mental; Health
- Perinatal and Infant Mental Health
- Community Peer Workforce



<https://www.islhd.health.nsw.gov.au/services-clinics/mental-health>

## Mental Health Helplines

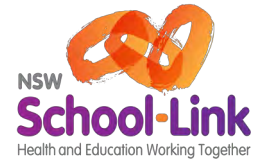
- **Beyond Blue** aims to increase awareness of depression and anxiety and reduce stigma. Call **1300 22 4636**, 24 hours/7 days a week, chat online or email.
- **eheadspace** provides free online and telephone support and counselling to young people 12 – 25 and their families and friends. Call **1800 650 890**, 9am – 1am AEST / 7 days a week, chat online or email.
- **Kids Helpline** is Australia's only free 24/7 confidential and private counselling service specifically for children and young people aged 5 – 25. Call **1800 55 1800**.
- **Lifeline** provides 24-hour crisis counselling, support groups and suicide prevention services. Call **13 11 14**, text **0477 13 11 14** or chat online.



For more Helplines: <https://www.healthdirect.gov.au/mental-health-helplines>

## Mental Health Resources

# Online Mental Health Information



### Ask for Health

The Ask for Health website provides trusted health information for young people under 25.

Ask for Health is designed to help you to better understand key health topic areas for young people and the health care system in NSW. It aims to help you have the knowledge, skills, motivation, and confidence to make decisions in everyday life concerning your health care.



<https://askforhealth.com.au/>

### Head to Health

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Government Department of Health and Aged Care, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

You can also call **Head to Health on 1800 595 212** to speak to a mental health professional in your local area who can help you get the mental health support you.



<https://www.headtohealth.gov.au/>

### Project Air

'Project Air Strategy for Schools' was developed as a collaborative project between the NSW Department of Education, NSW Ministry of Health and the Project Air Strategy based at the Illawarra Health and Medical Research Institute at the University of Wollongong.

This project aims to offer a comprehensive set of resources for schools, teachers and clinicians to support and respond to young people with complex mental health problems.



<https://www.uow.edu.au/project-air/educator/>

# Have you received your HPV vaccination?



**Human papillomavirus (HPV) is a common, contagious virus that can cause cancers and diseases in both men and women.**

If you have missed out on getting your HPV vaccination at school, ask your parents or guardian to contact the school, GP or local pharmacy to book in a time for you to complete your vaccinations.



## **More information:**

[www.health.nsw.gov.au/schoolvaccination](http://www.health.nsw.gov.au/schoolvaccination)

# “Staying Connected When Emotions Run High”



Photo supplied by: Stonemeadow Photography

An introductory workshop  
for **Professionals**  
who work in **Government**  
and **Non-Government**  
**Organisations**

Proudly facilitated by

**Dr Annemaree Bickerton** (Child, Adolescent and Family Psychiatrist) and  
**Toni Garretty** (Clinical Coordinator) Family and Carer Mental Health Program,  
Illawarra Shoalhaven Local Health District.

This workshop introduces professionals to some frameworks and relationship strategies that can become a resource to people, 12yrs – 100yrs, who has;

- changeable and overwhelming emotions
- who displays impulsive and destructive behaviour or
- a diagnosis of marked emotion dysregulation (including personality disorder).

This workshop is based on the highly successful intervention for families and carers.

## Learning outcomes

- Increased understanding of emotion dysregulation
- Identify the ‘four carer dances’ and their role in emotion dysregulation
- Knowledge of the “five key relationship strategies” in order to become a helpful resource to someone in distress
- Understanding “relationship triangles” – Karpman’s Model
- Introducing the concept of Safety Planning “Like a Fire Drill” to promote safety when distress or risk escalates

*If you are working within the **Illawarra Shoalhaven Mental Health Service**, including ISLHD Emergency Services, please disregard this flyer and contact Toni: [toni.garretty@health.nsw.gov.au](mailto:toni.garretty@health.nsw.gov.au) for the alternative registration process.*



## “Staying Connected When Emotions Run High”

**Venue:** Port Kembla Golf Course,  
Primbee Rd Primbee

**When:** Tuesday 28 March 2023

**Time:** 8.30am registration for a 9.00am start.

Completed registration forms, dietary needs and payment must be submitted by **Thursday 23 March 2023.**

**COST \$95 per person-** Morning tea, lunch, workbook and certificate provided.

### Payment can be made via:

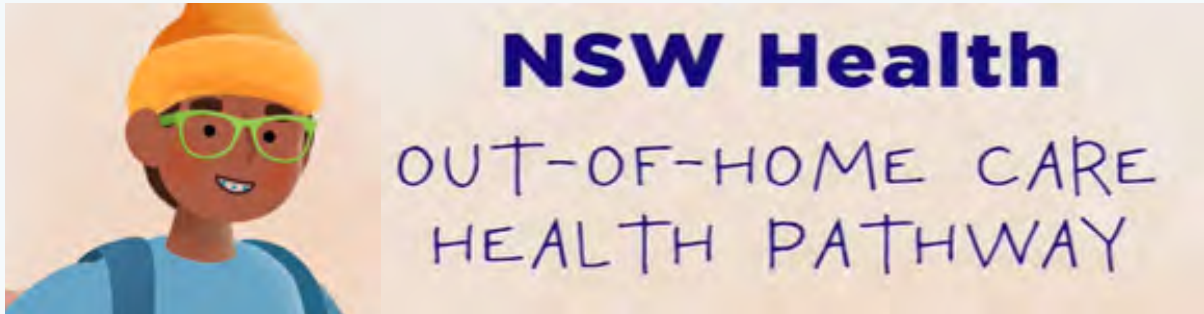
- Credit Card Payments over the phone – by calling ISLHD Finance on: 4267 7311
- Cash, Credit Card, Cheque and Money Order at any ISLHD Cashier
- Cheque or Money Order mailed to ISLHD Finance, PO Box 239 Port Kembla, NSW, 2505

Please make all Cheque/Money Orders payable to: Illawarra Shoalhaven Local Health District

**REGISTRATION:** Please complete payment as above and return completed registration form to Toni Garretty email: [toni.garretty@health.nsw.gov.au](mailto:toni.garretty@health.nsw.gov.au)

**Further enquiries:** phone Toni Garretty 0421 054 741 or email as above

NAME	WORKSHOP DATE
ROLE	ORGANISATION
EMAIL	
MOBILE	
DIETARY REQUIREMENTS	
PAYMENT	<b>Registration payment \$95.00 completed</b> <b>PLEASE INCLUDE DATE OF PAYMENT MADE WITH CASHIER:</b>



## Improving the health of children and young people in out-of-home-care

- Provide health assessments for children in out of home care
- Develop an individual health management plan
- Refer to other health services as required
- Promote health and wellbeing.



### Here's how it works

- Health Management Plan reviewed 6 monthly for children aged under 5 years, and yearly for children 5 to 14 years
- Summary and recommendations for individual health needs
- Support carers to promote health and wellbeing.



Aboriginal Art elements by Frances Belle Parker

Scan here to watch a video on OOHCHP

For enquiries, contact your local **OOHC Health Pathway coordinator**:

ISLHD-OOHC@health.nsw.gov.au (02) 4224 2900

Porter Street Child Health Centre 42a Porter Street North Wollongong NSW 2500

Need an Interpreter? Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.



This information  
has been tested  
with Consumers



# Coral Tree Family Service

**Northern Sydney Local Health District**

ABN 63 834 171 987

70a Badajoz Road, North Ryde 2113

Tel (02) 8877-4299 Fax (02) 8877-4094

[NSLHD-MACQ-CoralTreeFamilyService@health.nsw.gov.au](mailto:NSLHD-MACQ-CoralTreeFamilyService@health.nsw.gov.au)

Dear Colleague,

Coral Tree Family Service is a state-wide tertiary referral service for the family of children with mental health concerns. The child's family is conceptualised as the unit of treatment, with interventions structured towards assisting families with mental health, emotional, behavioural and relationship difficulties.

The **“Let's Work Together Program” (LWTP)** involves Coral Tree partnering with mental health clinicians in rural and regional areas in NSW to provide therapeutic intervention to families in a manner informed by Coral Tree's approach (i.e., its values and underlying theoretical model). The aim of Coral Tree's involvement, is to support a rural or regional clinician that has an interest in building skills and experience in providing a family-oriented intervention, in relation to the mental health concerns of children aged three to 12 years, at point of referral. This program is available to NSW Health staff, with contact entirely via video conferencing. Coral Tree's involvement and support for the clinician would extend for as long as six months, with two intake cycles per year: February to July, and August to January inclusive.

The LWTP would typically move through several phases:

- Receipt of Expression of Interest, which would be reviewed by the Coral Tree team. Following this, we will find a time to discuss the suitability of the program, for both the family and you as the clinician.
- After review and acceptance of the Expression of Interest, Coral Tree staff would orient the referring clinician to the Coral Tree approach for working with families. This includes the provision of reading materials, a discussion of whether this approach fits with how the referring clinician prefers to work, and a chance to talk through aspects of the approach that might need clarification for the referring clinician.
- The referring clinician provides background information regarding the particular family that the work will be with, and discusses this with Coral Tree clinicians. They begin to develop a shared formulation that might shape the work with the family, and be revisited recurrently during the work with the family.
- Coral Tree staff and the referring clinician co-facilitate four to six sessions with the family/parents, alongside two to three sessions with the referring clinician and Coral Tree staff. It would be likely that, in the earlier stages of the work together, the Coral Tree staff member might have more of an active, leading therapeutic role, and towards the end, the referring clinician would take over the leading role in the joint sessions.
- Towards the end of the LWTP the referring clinician organises a case consultation, where Coral Tree staff and referrer discuss the child and their family, developing recommendations for the family moving forward.

Please do not hesitate to contact Coral Tree if you have any questions.

Regards,

Cathryn McElroy

Service Manager | Coral Tree Family Service

Dr Matthew Symond

Clinical Lead | Coral Tree Family Service



# Where Young People can go to for support



If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately



To find a full list of support services, scan the QR code

[suicidepreventioncollaborative.org.au/need-help](http://suicidepreventioncollaborative.org.au/need-help)

## Help with a crisis

(24/7 unless noted | phone, chat or online help available)

<b>Kids Help Line</b> <a href="http://kidshelpline.com.au">kidshelpline.com.au</a>	1800 55 1800
<b>Lifeline</b> <a href="http://lifeline.org.au">lifeline.org.au</a>	13 11 14
<b>Rape Crisis Line</b> <a href="http://nswrapecrisis.com.au">nswrapecrisis.com.au</a>	1800 424 017
<b>Suicide Call back Service</b> <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>	1300 659 467
<b>13 YARN</b> <a href="http://13yarn.org.au">13yarn.org.au</a>	13 92 76
<b>Open Arms Veterans &amp; Families</b> 24 hours   <a href="http://openarms.org.au">openarms.org.au</a>	1800 011 048
<b>Wollongong Safe Haven</b> 55 Urunga Parade   Wed-Sat 2pm-10pm Safe space for people in suicidal distress	0401 561 164
<b>Nowra SPOT</b> (suicide prevention outreach team) 7 days, 8.30am-5pm   Nowra region	1800 011 511

## Help with your Mental Health

<b>headspace</b> Wollongong	4220 7660
Nowra <a href="http://ehespace.org.au">ehespace.org.au</a>	4446 7300
<b>Mental Health Line</b>	1800 011 511
<b>Reach Out</b> <a href="http://reachout.com">reachout.com</a>	
<b>QLife (LGBTIQ)</b> <a href="http://qlife.org.au">qlife.org.au</a>	1800 184 527
<b>Beyond Blue</b> <a href="http://beyondblue.org.au">beyondblue.org.au</a>	1300 22 46 36

## Aboriginal Services

<b>Illawarra Aboriginal Medical Service</b> <a href="http://illawarraams.com.au">illawarraams.com.au</a>	4229 9495
<b>South Coast Medical Service Aboriginal Corporation</b> <a href="http://southcoastams.org.au">southcoastams.org.au</a>	1800 215 099
<b>Waminda</b> <a href="http://waminda.org.au">waminda.org.au</a>	4421 7400
<b>Strong Yawa</b> Weekdays after 5pm and weekends after 4pm After hours social and emotional wellbeing support for Aboriginal and Torres Strait Islander people across our region.	1800 953 736

## Lost someone to suicide?

<b>StandBy Support after suicide</b> 1300 727 247 24 hours   <a href="http://standbysupport.com.au">standbysupport.com.au</a>
<b>Thirrili National Indigenous Postvention Service</b> 1800 805 801 24 hours   <a href="http://thirrili.com.au">thirrili.com.au</a>

## Help with other stuff

Help with food, housing and money

### Southern Youth & Family Services

[www.syfs.org.au](http://www.syfs.org.au)

### Alcohol & Drug Information Service

1800 250 015

[yourroom.health.nsw.gov.au](http://yourroom.health.nsw.gov.au)

### Gambling

1800 858 858

[www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

## eMental health apps

[moodgym.com.au](http://moodgym.com.au)

[kidshelpline.com.au/niggle](http://kidshelpline.com.au/niggle)

## Cyber safety and bullying

[antibullying.nsw.gov.au](http://antibullying.nsw.gov.au)

[esafety.gov.au](http://esafety.gov.au)

Your local doctor is also a great place to start – they are trained to help with any type of physical or mental health challenge.

Getting involved in new activities can help you feel better. Check out your local youth centre or PCYC to see what is happening or try:

- Physical activities like sport, yoga, gym, skating, dance, surfing.
- Cultural activities such as learning an instrument, painting, journalling, theatre.
- Volunteer with an organisation doing good things in your local area, such as working with animals, the environment, community projects or whatever interests you.

## Multicultural Services

<b>Illawarra Shoalhaven Multicultural Health Service</b>	4221 6770
<b>Translating &amp; Interpreting Service</b>	13 14 50



# 24/7 Mental Health Services





**Is it an emergency?**

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

## Suicide Call Back Service

*Anyone thinking about suicide*


 [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

 1300 659 467

## Lifeline


*Anyone having a personal crisis*


 [lifeline.org.au](https://lifeline.org.au)

 13 11 14

## Beyond Blue

*Anyone feeling anxious or depressed*


 [beyondblue.org.au](https://beyondblue.org.au)

 1300 22 4636

## Kids Helpline


*Counselling for young people aged 5 to 25*

 [kidshelpline.com.au](https://kidshelpline.com.au)

 1800 55 1800

## MensLine Australia


*Men with emotional or relationship concerns*


 [mensline.org.au](https://mensline.org.au)

 1300 78 99 78

## Open Arms

*Veterans and families counselling*

 [openarms.gov.au](https://openarms.gov.au)

 1800 011 046



Illawarra Shoalhaven Local Health District

## Go4Fun

A FREE 10-week program for children aged 7-13 and their families.

Come along for some fun and learn about healthy eating and keeping active for the whole family.

Go4Fun includes:

- Fun games for the children each week.
- Discussions with parents/carers about healthy eating.
- Lots of goodies including handballs, skipping ropes and recipe books.

Go4Fun is for children above a healthy weight. It is a program for the whole family so a parent or carer is required to attend each week. This can include a grandparent, aunt, or uncle.

Join in the fun this term!

**Mt Brown Public School**

Tuesdays in Term 1

3:30pm - 5:30pm

**UOW Sportshub**

Saturdays in Term 1

9am - 11am

Scan to  
register



For any questions or to register:



1800 780 900



[go4fun.com.au](http://go4fun.com.au)



## Stride Family & Carer Program

Stride's Family and Carers Program aims to ensure that families and carers of people with a mental health concern are adequately supported and have sufficient information and skills to fulfil their caring roles.

For more information on our program, groups and events, please email [familyandcarer@stride.com.au](mailto:familyandcarer@stride.com.au) or call the Wollongong Stride Family and Carer team on (02) 4229 7254.

### Carers Education Day Kiama Communication Skills for Carers

Refine and practice your ways of communicating as well as 'drawing your line in the sand' by setting appropriate boundaries relevant to your caring journey. Particularly helpful skills to develop for when the going is tough.

Presented and facilitated by Raewyn Proctor, Education Support Worker from the Stride Wollongong Office.

#### Topics include:

- **Assertive communication skills**
- **Boundaries**
- **Heart Focused Communication**
- **Validation & Emotion Focused Communication Skills**

(Lunch and light refreshments will be included)

**DATE:** Tuesday 7<sup>th</sup> March 2023

**TIME:** 10am-3pm (arrive at 9:30am for a 10am start)

**VENUE:** Joyce Wheatley Community Centre - Terralong Street, Kiama

**Registrations are essential!**

### Staying Connected When Emotions Run High

An intervention for Families and Carers

This **FREE** workshop will provide you with additional communication skills to support someone (12+ years) who experiences any of the following:

- Relationship difficulties.
- Changing emotions and strong overwhelming feelings that can make communication difficult.
- Sometimes behaves in a way that makes them a danger to themselves or others.

(Diagnosis is not necessary as the frameworks and relationship strategies introduced should be helpful to all.)

**Workshop presented by,**  
**Dr Annemaree Bickerton & Toni Garretty**  
*Family & Carer Mental Health Team, Illawarra Shoalhaven Local Health District.*

**Details: Tuesday 7<sup>th</sup> Feb 2023**

**Time: 9:30am-3:30 pm**

(Please arrive between 9am & 9:25am)

**Venue:** Port Kembla Golf Club,  
Golf Place Primbee, NSW 2505

**Cost: Free** (Tea & Lunch provided)



<https://www.eventbrite.com.au/e/453468154457>

## Understanding Schizophrenia

**Please join the Stride Family and Carer program for a 1-day carer workshop on Understanding Schizophrenia.**

**Presented by Toni Garretty, Family & Carer Mental Health Team, Illawarra Shoalhaven Local Health District.**

What will be covered:

- Signs, symptoms, & diagnosis
- Treatment options
- Emotional impact of caring roles & self-care tips
- Communication & problem solving
- Creating healthy boundaries

**Date:** Wednesday 22<sup>nd</sup> February 2023

**Time:** Arrival from 10am, (for a 10:30am start) concluding at 3pm

**Where:** Wests Illawarra - 1 Hargreaves St, Unanderra

**Cost:** FREE - Light refreshments and lunch provided

### Carer's Coffee @ Corrimal

Please join Stride staff and fellow carers at our Coffee @ Corrimal.

A great way to get together with other carers informally, have a chat and some time out!

Held on the 2<sup>nd</sup> Thursday of every month

Thursday 12<sup>th</sup> January 2023

Thursday 9<sup>th</sup> February 2023

Thursday 9<sup>th</sup> March 2023

**TIME:** 10am-12pm

**VENUE:** Corrimal RSL Memorial Club,  
168 Princes Highway, Corrimal



**Please ensure you contact the Wollongong office to register your attendance to this group:**

Please call (02) 4229 7254 or email: [familyandcarer@stride.com.au](mailto:familyandcarer@stride.com.au)

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**STRIDE** For better  
mental health



**Registrations are essential:**

Please contact Wollongong Stride Office on (02) 4229 7254 or email: [familyandcarer@stride.com.au](mailto:familyandcarer@stride.com.au)



The Family Mental Health Support Service (FMHSS) is an early intervention support service for vulnerable families with children and young people affected by, or at risk of developing, a mental illness.

## Contact us

Anglicare Counselling  
1300 651 728  
[crsintake@anglicare.org.au](mailto:crsintake@anglicare.org.au)  
[anglicare.org.au](http://anglicare.org.au)



## Who is this service for?

The FMHSS can assist families with a child or young person aged up to 18 years who is affected by the mental health issue of a family member, or at risk of developing a mental health issue themselves.

We take an all-encompassing family approach and will work with the adult parent(s) and carer(s) as well as the child or young person. Where children are very young, we will work alongside the parent(s) or carer(s).

## Eligibility

This service covers families living in the Dapto to Port Kembla and Shoalhaven areas.

## How much does it cost?

This service is free of charge for participants.

## What support is provided?

The FMHSS family case worker will meet with the family to discuss the best way to support them and their unique needs. The service is able to provide short-term referral and support as well as longer-term intervention.

Child and adolescent counsellors are available to work directly with the child or young person and will support them to access specialised mental health services if required.

Intensive, long-term early intervention support for children, young people and their families may include practical assistance and home-based support, linking with other relevant services and targeted therapeutic groups.

Workers in the service also undertake community outreach, mental health education and community development activities.

## Service location and times

In each instance, the family and family case worker will decide together on the best location. This could be an Anglicare site, a community venue or in the family home. While the service is usually provided during business hours, times can vary to suit the specific needs of a family.

## Confidentiality

This service is confidential except for a few specific instances. These include:

- Where a child or young person is deemed to be at significant risk of harm. In cases such as these, the workers are required to make a report to the Department of Family and Community Services.
- When workers in the program believe there is a serious threat to someone's life or health or to prevent the commission of a crime.
- When the records are the subject of a subpoena.

When working with other services in relation to your family, we will ask for your permission before we share any of your personal information.

The service is required to provide non-identified statistical and demographic data to the Department of Social Services. Your records will be securely kept and maintained in accordance with the National Privacy Principles.

## Feedback and complaints

The FMHSS abides by the Anglicare complaints policy and there are a number of ways you can provide feedback on the service you have received. These are outlined in the Feedback and Complaints brochure which you will receive if you become a client of the service.

## How can I access this service?

While the FMHSS welcomes referrals from other agencies, families can also self-refer. To access the service:

- Phone 1300 651 728.
- An appointment will be made for you to have a brief telephone conversation with an intake worker.
- During this conversation some basic information will be obtained and you will then be given an appointment to meet or speak with the case worker.

# Community Fathering

## New Programs and Modes of Service

The Fathering Project is a children's harm prevention organisation aiming to keep fathers, father figures and mentors connected and engaged with their children and local communities. We're responding to current community needs with some new programs and modes of service.



### What are we offering?

- One-on-one case management, advocacy, support service for fathers and father figures
- An 8 module (non-sequential) fathering program
- Monthly events for fathers, father figures and kids
- One off info nights and 'toolbox' talks covering specific fathering topics
- The creation of peer-to-peer support Dads' Groups to maintain community connection and support

The programs will be used as a vehicle to positively impact child outcomes by supporting fathers, father figures and mentors to be present, engaged and value their role in the lives of the children they're entrusted to be there for!

Scan the QR code to find out more, or visit: <https://thefatheringproject.org/>







# Community Fathering Hub Port Kembla

## Case Management Support

The Fathering Project is now providing case management as part of our Community Fathering support services.

To assist dads who require additional support engaging effectively with their children, families and social issues such as mental health, housing or homelessness, financial issues, restricted access to children and potential addictions. We work with you to identify your strengths, advocate for you, assist you to respond to issues, provide practical support and work together towards strategic and action based goals.

### The Foundry

132 Wentworth St, Port Kembla NSW

**For an appointment call:** 0451 059 049  
or email [tim.wemyss@thefatheringproject.org](mailto:tim.wemyss@thefatheringproject.org)  
At the hub everyday except Tuesday.



In partnership with

KELLY FAMILY  
FOUNDATION



Scan the QR code to  
join your local Dads  
Group



**TERM 1 2023 FREE PROGRAMS**



**ALBION PARK RAIL**  
**SCHOOL AS COMMUNITY CENTRE**  
FAMILY CENTRED, CHILD FOCUSED  
CONNECTING SCHOOLS AND COMMUNITIES



Education

Contact Claire for booking  
and enquiries

PH: 0448 564 219

E: Claire.jones42@det.nsw.edu.au

## TUESDAY

**PLAYGROUP**  
9:00am - 11:00am

Playgroup is a safe space for families with young children. Our experienced and trained staff offer a variety of activities to promote early learning and wellbeing in children. Parents have the opportunity to meet other adults in a welcoming and relaxed environment.

**What to bring:** hat and water  
Fruit, tea and coffee provided.

## TUESDAY

**KINDY STARTERS**  
**PLAYSTRONG PLAYGROUP**  
12:30am - 2:30pm

Families are welcome to join us for activities to prepare children in their readiness for school.

Presented in partnership with Playgroup NSW



## WEDNESDAY

**MYTIME**  
**COFFEE CONNECT**  
9:00am - 10:00am

Drop in for a cuppa and a chat.

**PARENT SUPPORT GROUP**  
10:00am - 12:00pm

MyTime is a place where you can unwind, share ideas and experiences with others who understand.



**CIRCLE OF SECURITY**  
10:00am - 12:00pm

This 8 week program focuses on building relationships between parents and children. This course helps parents understand their child's need for security as well as their child's need to explore. This helps with understanding emotional needs of children and improves behaviour and self-esteem.

**Limited to 10 places**  
**Free:** child minding available.

## THURSDAY

**PLAYGROUP**  
9:00am - 11:00am

Playgroup is a safe space for all families with young children. Our experienced and trained staff offer a variety of activities to promote early learning and wellbeing in children. Parents have the opportunity to meet other adults in a welcoming and relaxed environment.

**What to bring:** hat and water  
Fruit, tea and coffee provided.

## THURSDAY

**COMMUNITY GARDEN**  
12:30pm - 2:30pm

Our Community Garden is a place where people come together to grow fresh food, learn, relax and make new friends.



## FRIDAY

**KINDERGYM**  
9:30 am - 10:15am

KinderGym is a movement based playgroup for families with young children, crawlers to 6 years old.

Families will experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies.

**What to bring:** a bottle of water



## FRIDAY

**KINDY STARTERS GYM**  
10:30am - 11:30am

Kindy Starters Gym is a play and movement based transition to school program. Which helps children develop and practise skills needed for school.

**What to bring:** a bottle of water

Claire M: 0448 564 219



Family Services Australia



APR School as Community Centre



Healthy  
Cities  
Illawarra



# Bellza

## Active In-Betweens

Active In-Betweens is a **FREE** weekly after-school activity where children learn about active living and healthy eating which contribute to good health and positive self-esteem.

### Join Us!

**Bellambi Neighbourhood Centre**  
**49A Cawley St, Bellambi NSW 2518**

**Date:** Starts Tuesday 7th February

**Time:** 3:00pm - 5.00pm each Tuesday during Term 1

**Cost:** FREE

**For more information, contact:**

Elizabeth B Ph. 4283 8111 or E:  
Elizabethb@healthycities.org.au



New Registrations\*

\*Past participants automatically rolled over into new term.

  
**ACTIVE  
IN-BETWEENS**  
Supporting 8-12-year-old children



Healthy  
Cities  
Illawarra



# Bundy Active In-Betweens

Active In-Betweens is a **FREE** weekly after-school activity where children learn about active living and healthy eating which contribute to good health and positive self-esteem.

## Join Us!

**Bundaleer Community Centre**

**Date:** Starts Wednesday 8th February

**Time:** 3:00pm - 5.00pm each Wednesday during Term 1

**Cost:** FREE

**For more information, contact:**

Elizabeth B Ph. 4283 8111 or E:  
Elizabethb@healthycities.org.au



New Registrations\*

\*Past participants automatically rolled over into new term.

  
**ACTIVE  
IN-BETWEENS**  
Supporting 8-12-year-old children



Healthy  
Cities  
Illawarra



# Horsley Active In-Betweens

Active In-Betweens is a **FREE** weekly after-school activity where children learn about active living and healthy eating which contribute to good health and positive self-esteem.

## Join Us!

### Horsley Community Centre

82 Bong Bong Rd, Horsley NSW 2530

**Date:** Starts Thursday 9th February

**Time:** 3:00pm - 5.00pm each Thursday during Term 1

**Cost:** FREE

**For more information, contact:**

Elizabeth B Ph. 4283 8111 or E:  
Elizabethb@healthycities.org.au



New Registrations\*

\*Past participants automatically rolled over into new term.

  
**ACTIVE  
IN-BETWEENS**  
Supporting 8-12-year-old children



Healthy  
Cities  
Illawarra



# WARILLA

## Active In-Betweens

Active In-Betweens is a **FREE** weekly after-school activity where children learn about active living and healthy eating which contribute to good health and positive self-esteem.

### Join Us!

**Warilla Neighbourhood Centre**  
**69 Benaud Cres, Warilla NSW 2528**

**Date:** Starts Thursday 9th February

**Time:** 3:00pm-5.00pm each Thursday  
during Term 1

**Cost:** FREE

**For more information, contact:**

Elizabeth B Ph. 4283 8111 or E:  
Elizabethb@healthycities.org.au



New Registrations\*

\*Past participants automatically rolled over into new term.



# ACTIVE IN-BETWEENS

Supporting 8-12-year-old children

Communities for Children  
Shellharbour





Healthy  
Cities  
Illawarra



# SACYA

## Active In-Betweens

Active In-Betweens is a **FREE** weekly after-school activity where children learn about active living and healthy eating which contribute to good health and positive self-esteem.

### Join Us!

### Shellharbour Aboriginal Community Youth Association

179 Shellharbour Rd, Warilla  
Oakleigh Park

**Date:** Starts Wednesday 8th February

**Time:** 3:00pm - 5.00pm each Wednesday  
during Term 1

**Cost:** FREE

**For more information, contact:**

Elizabeth B Ph. 4283 8111 or  
E: Elizabethb@healthycities.org.au



New Registrations\*  
←

\*Past participants automatically rolled over into new term.



  
**ACTIVE  
IN-BETWEENS**  
Supporting 8-12-year-old children



# Learn to cook together and eat together.

The Dinner Table Project is a 6-week family cooking program that aims to build stronger family units whilst improving individual health and wellbeing. Families will prepare healthy home-cooked meals together and share in quality interactions at the dinner table.

## **Albion Park Rail Community Centre**

Ash Avenue, Albion Park Rail NSW 2527

Every Tuesday for 6 weeks starting 21st February - 28th of March

**Time:** 5-7.30pm | **Cost:** FREE | For families with children 8 years plus.



Scan QR Code to register.

Information: Linda t: 02 4283 8111

[linda@healthycities.org.au](mailto:linda@healthycities.org.au)

**Communities for Children**  
Shellharbour



**The  
Dinner  
Table  
Project.**

**Healthy Cities. Healthy People.**



# 1 ROAD IN 1 ROAD OUT

**PODCAST:** Released September 2022- on all major platforms.  
Check out our social pages Facebook and Instagram to Listen.



## GRIT PROJECT

GRIT is a responsive action project that aims to:

- Build capacity
- Relationships and
- Resilience

Within the bushfire affected Shoalhaven. The Project is led by Young people, Businesses and Community.

GRIT will engage with community, gathering stories which will be shared in Podcasts and Forums (Podformances)

**RESULTING IN A FUTURE PREPARED COMMUNITY.**

**Get in touch:**

sam@be.org.au  
0491 932 936



Beyond Empathy acknowledges the Traditional Owners of country throughout Australia and pays its respect to their Elders past and present.





## PARENTING GROUP- Nowra

# BRINGING UP GREAT KIDS

**Bringing Up Great Kids (BUGK)** aims to help parents and carers of children aged 0-12 years develop confident, loving and positive relationships.

### You Will Learn

- The magic of the human brain
- How to send helpful, loving and positive messages to ourselves and our children
- Practical information to support parenting
- Build positive relationships with your children
- Learn more on our website [www.familyservices.org.au](http://www.familyservices.org.au)

### When and Where

This free group runs over 6 sessions during School Term 1, 2023

- Thursday's from 10am to 12 noon
- 9 February to 16 March, 2023
- Family Services Australia  
Cottage 1, 80 Park Road, Nowra

### Bookings Essential

To register

Email:  
[Joanne.Cunningham@familyservices.org.au](mailto:Joanne.Cunningham@familyservices.org.au)

or

Phone:  
Joanne 0408 258 605  
or  
1800 372 000 Option 5

Free limited child minding available

Do you have a State Debt?

We may be able to help you pay off your fines with a Work & Development Order



Family Services Australia



Australian  
Childhood Foundation  
Protecting Children



# FREE PARENTING GROUP Albion Park Rail

## **CIRCLE OF SECURITY**

### **0-12 Years**

This 8-week Program focuses on building relationships between parents and children. The idea of a circle of security helps parents understand their child's need for security as well as their child's need to explore. This helps with understanding emotional needs of children and improves behaviour and self-esteem.

Families experiencing stressful events, divorce, conflict, mental health issues, disability or adoptive parents will benefit from this Program.

#### You Will Learn

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

#### When and Where

The Group runs over 7 sessions during School Term 1, 2023

- Wednesday's from 10am to 12pm
- 8 February to 22 March 2023
- Schools as Community Centre  
Tongarra Road, Albion Park Rail  
[www.familyservices.org.au](http://www.familyservices.org.au)

#### Bookings Essential To register

#### Email:

[Karan.Jorgensen@familyservices.org.au](mailto:Karan.Jorgensen@familyservices.org.au)  
or

#### Phone:

Karan 0455 892 092

or

1800 372 000 Option 4

Free limited child minding available

**Do you have a State Debt?**

**We may be able to help you pay off your fines with a Work & Development Order**



Family Services Australia



**Circle of Security**  
INTERNATIONAL  
*Early Intervention Program for Parents & Children*

## Whole of school body image program for primary schools

18

### Free until August 2023

#### **Butterfly Body Bright: because every child deserves to feel bright in their body**

Butterfly Body Bright is a strength-based, evidence-informed program developed by Butterfly Foundation. Designed to be integrated into Australian primary schools, it provides resources and support to teachers and their broader school community. The program aims to promote healthy attitudes and behaviours towards the body, eating and physical activity in children, so they can thrive at school and in life. It takes a village to raise a child! Butterfly Body Bright takes a whole school approach to supporting positive body image in children.

Negative body image starts young, with studies reporting body dissatisfaction being experienced by approximately 50% of pre-adolescent girls and, increasingly, pre-adolescent boys. Body dissatisfaction can contribute to negative physical and mental health, and poor social outcomes, as well as being a significant risk factor to the development of disordered eating and eating disorders. Butterfly Body Bright can help primary schools - their families and communities – to foster a positive foundation during childhood for:

- body satisfaction
- healthy eating
- physical activity

<https://www.butterflybodybright.org.au/>





# HIPPY

**ENROLMENTS OPEN NOW!**

**THREE YEAR OLDS  
ARE CURIOUS AND  
KEEN LEARNERS  
OF THE WORLD  
AROUND THEM**



**JOIN THOUSANDS OF FAMILIES DOING  
HIPPY ACROSS AUSTRALIA**

**01**  
Play-based  
activities

**02**  
Empowers  
you to be your  
child's first  
teacher

**03**  
Supports  
your child's  
transition to  
school

**04**  
Supports  
development,  
community  
connection &  
confidence

## HIPPY BEGINS AT AGE 3

HIPPY is available in  
the Warrawong,  
Lake Heights,  
Primbee, Port Kembla,  
Berkeley, Unanderra  
and Cringila areas.



Express your interest  
<https://forms.office.com/r/d614NK4aAD>

HIPPY is a free two year, play based  
curriculum of fun activity packs.

Starting when your child turns 3, your  
HIPPY Tutor will practice the activities  
with you using role play in home visits.

Each pack has activities for you to  
do with your child and ideas so that  
learning can happen anywhere at any  
time.

HIPPY assists children to become  
curious learners and to achieve  
important developmental milestones.



**YOUR HIPPY SITE IS  
WARRAWONG**

PHONE : 42758575

EMAIL : [coordinatorHIPPY@  
barnardos.org.au](mailto:coordinatorHIPPY@barnardos.org.au)

[www.hippyaustralia.bsl.org.au](http://www.hippyaustralia.bsl.org.au)

*HIPPY Australia acknowledges Elders and Traditional Owners of the lands and seas across Australia.*

*The Home Interaction Program for Parents and Youngsters is funded by the Australian Government through the Department of Social Services. The Brotherhood of St Laurence holds the licence to operate HIPPY in Australia.*



# Illawarra Women's Health Centre Young Women's Program

## ABOUT

The Illawarra Women's Health Centre works with schools to deliver specialised health and healthy relationship programs and workshops for young women and non-binary students. Using evidence-based psychoeducational and therapeutic engagement tools, our programs promote resilience and respect in a trauma-informed setting.

Our women's health team designs and delivers sessions tailored to the specific and diverse student backgrounds and learning needs, in collaboration with your school. We bring our experience and expertise to current and emerging issues identified by students, teachers, and the wider school community, with a focus on young women and non-binary students.

We provide information, skill development and practical strategies for students to be better equipped for contemporary and challenging issues and situations.

## OFFERINGS

Weekly term-based program held at your school

A comprehensive eight session series designed in consultation with you on topics such as:

- Girls and women's health
- Healthy and harmful relationships
- Consent, communication, and boundaries
- Self-care and mental health
- Online safety with explicit content, dating apps and more
- Body image, wellbeing, and self-esteem

One Term | \$2,000

Full year | \$7,500





# Illawarra Women's Health Centre Young Women's Program

## OFFERINGS

Tailored Workshops held at your school

Choose a single topic (such as the ones listed earlier) or request a series of workshop topics.

One to four 90-minute sessions at \$250 per session.

Tailored Health Forums held at the Illawarra Women's Health Centre

Forums can provide interactive and engaging experiences for young women and include guest speakers, lunch, and opportunities for learning and building relationships in the community.

Topics include:

- Inspiring positive futures for young people
- Introduction to the women's health centre and services for young women
- Young women and leadership
- Young women and Advocacy
- Taking care of yourself and your community

Individual counselling with our Young Women's Program psychotherapist and social worker

By referral, Free of charge.

## MORE INFO

For more information please contact  
Young Women's Program Coordinator:  
[georgiei@womenshealthcentre.com.au](mailto:georgiei@womenshealthcentre.com.au), 0437 771 002  
or Mental Health Team leader: [laurab@womenshealthcentre.com.au](mailto:laurab@womenshealthcentre.com.au)





FREE 6-WEEK MEN'S LEARN TO SURF AND  
WELLBEING PROGRAM (AGES 16+)

[FOUNDATIONWOW.ORG/SAND-N-SURF](https://FOUNDATIONWOW.ORG/SAND-N-SURF)

Tuesdays from  
14th February

6:30-8:00  
AM

North Gong  
Beach







**Family  
Services**  
AUSTRALIA  
Psychology

# Psychological assessment & intervention across the lifespan

## HOW WE SUPPORT YOU



Anxiety and depression



Neuroaffirmative care



Grief and life transition



Supporting parents and carers



Trauma-informed care



Understanding childhood behaviour



Learning assessments



Connection and belonging



LGBTIQ+ affirming practices

SAFE - WELL - STRONG - CONNECTED

Family Services House, Illawarra-Shoalhaven Community Services Hub  
1 Lamerton Crescent, Shellharbour City Centre NSW 2529

**Ph: 1800 372 000** (select option 2)

[triage@familyservices.org.au](mailto:triage@familyservices.org.au) | [www.fsahealthwellbeing.org.au](http://www.fsahealthwellbeing.org.au)



**Family Services** AUSTRALIA  
**Health & Wellbeing**



Family Services AUSTRALIA  
Health & Wellbeing

# WESTMEAD

## *Feelings*

# PROGRAM

**A PROGRAM SUPPORTING YOUNG PEOPLE TO DEVELOP SKILLS TO:**

- UNDERSTAND EMOTIONS
- BUILD SOCIAL AWARENESS
- DEVELOP EMOTION REGULATION SKILLS

**LET US KNOW IF YOU ARE:**

- 8 - 11 YEARS OLD
- WANTING TO BUILD EMOTIONAL AND SOCIAL SKILLS
- OPEN TO MEETING NEW PEOPLE

**OUR GROUP WILL RUN  
ACROSS 3 SCHOOL  
TERMS STARTING ON  
15/02/2023**

**NDIS FUNDING CAN BE  
UTILISED FOR THIS PROGRAM**

**FOR FURTHER INFORMATION ABOUT FEES  
PLEASE GET IN TOUCH WITH FSA.**

**GROUND LEVEL OFFICE 136, STOCKLAND CIVIC PLAZA, 211 LAKE  
ENTRANCE RD, SHELLHARBOUR CITY CENTRE NSW 2529**

To Register please contact 1800 372 000 (option 2) or [triage@familyservices.org.au](mailto:triage@familyservices.org.au)



connect. learn. create.



# GIRLS CAFE

**Every Wednesday starting  
Term 1  
3.30 - 5.30pm @  
Wollongong Youth Centre**

Free, safe and fun program for young women aged 12-18 of multicultural backgrounds.

Come along and enjoy activities such as art, dancing, craft, cooking and presentations from other services.



For more info or to book, DM our socials, email [youthservices@wollongong.nsw.gov.au](mailto:youthservices@wollongong.nsw.gov.au) or call 4227 8222

# upcoming sessions



headspace is offering free mental health education webinars in Term 1, 2023 for Parents and Carers in the **Illawarra Shoalhaven**. Follow the links to register.



## Connecting and communicating with my young person

Date: 22 February 2023  
Time: 12:00 - 1.15pm AEDT  
Location: Online webinar  
Registration: [bit.ly/3kcNeRr](https://bit.ly/3kcNeRr)

This session aims to:

- Strengthen knowledge and understanding of the mental health challenges facing young people today
- Increase awareness of your young person's emotions, thoughts, feelings, and behaviours
- Identify opportunities for connection with your young person and enhance your conversational approach
- Introduce skills and strategies to encourage and support help-seeking



## Navigating uncertainty and change

Date: 15 March 2023  
Time: 6:00 - 7:15pm AEDT  
Location: Online webinar  
Registration: [bit.ly/3XB84s2](https://bit.ly/3XB84s2)

This session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty
- Build skills and strategies to support young people who are navigating change
- Identify signs that young people may need additional support
- Build awareness of local, state, and national supports available to young people



**For more information:** Contact us at [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)

## are you dealing with grief, loss or change?

Seasons for Growth is an **8 week program** for young people that focuses on strengthening the social and emotional wellbeing of **young people aged 12-16 years** old following significant change and loss in their lives. It is a safe space to come together and share experiences of change and loss.

**Where: headspace Nowra office -  
96 Kinghorne Street, Nowra**

**When: Monday 3.45-4.45pm**

**Dates: TBA - get in touch to find out more**

**Please contact us on  
4446 7300 for more details**



# skills for change

**Are you struggling with distressing feelings and thoughts?**

**Are you experiencing anger, or symptoms of anxiety and depression?**

**Do you want to learn skills and strategies to more effectively manage your feelings and your relationships?**

**headspace Nowra is offering a FREE\*  
10-week Skills for Change Group for  
16-25 year olds**

**Dates: Tuesday's 3.45pm to 5.45pm  
New dates TBA**

**Location: 96 Kinghorne Street, Nowra (headspace  
Nowra)**

**How to register: contact headspace admin  
on 4446 7300**

In this group, you will learn and practice core skills to use to regulate emotions and behaviors, enhance mood, improve relationships and engage in effective problem solving and communication

\*The group is free but your GP must include a referral to the group on your Mental Health Treatment Plan (MHTP). These group sessions are separate from individual therapy sessions on your MHTP and will not take away from the number of individual sessions you are eligible for in a calendar year.



# STEPPING UP

**A well-being mentoring program  
for boys aged 10-13.**

## WHY IS THIS NEEDED?

A series of consultations with various primary schools and principals has revealed a concerning increase in the number of reports regarding antisocial behaviours of male students, and a need for a social education program specifically designed for boys aged 10-13.

This age group is ill-equipped to handle issues like bullying, mental health and digital activity. Stepping Up aims to address many of the emerging social issues facing boys, as well as effect long-term attitudinal and behavioural change by helping boys develop key social and decision-making skills.


## ABOUT TOP BLOKES FOUNDATION

We are an organisation focused on improving the mental health, emotional resilience and community engagement of young males across Australia. Through our peer-led mentoring and community leadership programs, boys and young men develop positive decision-making skills and decrease their risk-taking and antisocial behaviours, while developing personal qualities of integrity and self-respect.

## FIND OUT MORE

For more information, contact us or visit:

 [info@topblokes.org.au](mailto:info@topblokes.org.au)

 1300 450 850

 [www.topblokes.org.au](http://www.topblokes.org.au)

## AVAILABLE PROGRAM WORKSHOPS



**NOW TAKING BOOKINGS FOR 2023**



# JUNIOR TOP BLOKES

A peer mentoring group program for young men aged 14-17.

## WHAT IS IT?

The Junior Top Blokes mentoring program was designed as a direct response to the current trends of antisocial behaviour, community isolation and higher incidence of mental health issues amongst males.

Delivered in high schools and community settings, this program uses an early intervention framework, discussing key social issues and fostering participants' sense of well-being, self-control, critical thinking and positive decision-making skills.

## THE BOYS HAVE THEIR SAY






*You learn things that change the way you treat other people.* - Christian, program participant

*Top Blokes is completely related to us as young men. It's more personal and you can connect to what's being talked about.* - Brodey, program participant


*I felt like it was a really good environment to open up and to realise there were boys in that room that I could talk to.* - Billy, program participant


## PROGRAM OUTCOMES

Those who've participated in the program exhibit the following outcomes:

-  Improved physical well-being
-  Improved personal well-being
-  Decreased antisocial behaviour
-  Increased social connectedness
-  Improved academic performance

## FIND OUT MORE

info@topblokes.org.au 

1300 450 850 

www.topblokes.org.au 



**NOW TAKING  
BOOKINGS  
FOR 2023**



# Noah's Inclusion Services - Term 1 2023 Groups Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Young Yarns Playgroup</b> 9.30am-12pm 172 Shellharbour Road, Warilla Playgroup for Aboriginal children 0-5 years</p>	<p><b>Koori Kids Together</b> 9am-3pm Jervis Bay/Wreck Bay Identify and support Aboriginal children with additional needs</p>	<p><b>Koori Kids Together</b> 9am-3pm Jervis Bay/Wreck Bay Identify and support Aboriginal children with additional needs</p>	<p><b>Little Learners</b> 9am-10.30am &amp; 11am-12.30pm Noah's Nowra Building skills for pre-schoolers with a NDIS Plan</p>	<p><b>Little Steps Playgroup</b> 9.30am-11am <b>Sanctuary Point Connect</b> Playgroup for children 0-5 years who don't attend other care</p>
<p><b>Aboriginal Playgroup</b> 9.30am-12pm Noah's Sanctuary Point Playgroup for Aboriginal children 0-5 years</p>	<p><b>Cullunghutti Aboriginal Playgroup</b> 10am-12pm Holloway Street, South Nowra Playgroup for Aboriginal children 0-5 years</p>	<p><b>Start Up</b> 9am - 10.30am or 12.30pm-2pm <b>Various locations</b> Developmental Assessment for children 0-5 years</p>	<p><b>Little Steps Playgroup/Sing &amp; Grow</b> 9.30am-11am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care</p>	
<p><b>Making Friends</b> 3.30pm-4.30pm Noah's Nowra Language and social skills for primary school age children with a NDIS Plan</p>	<p><b>My Time</b> 10am-12pm Noah's Ulladulla Peer support group for parents/carers of children with additional needs</p>	<p><b>My Time</b> 9.30am-11.30am Noah's Sanctuary Point Peer support group for parents/carers of children with additional needs</p>	<p><b>My Time</b> 10am-12pm Noah's Nowra Peer support group for parents/carers of children with additional needs</p>	
	<p><b>Little Steps Playgroup</b> 10am-11.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care</p>	<p><b>PEERS Program</b> 3pm – 4.30pm Noah's Nowra A social skills program for young people 13-18 years with a NDIS Plan</p>	<p><b>Connection to Our Backyard</b> 10.30am-12.30pm &amp; 3.30pm to 5pm Noah's Nowra Play and language group for various age groups with a NDIS Plan</p>	<p><b>Other Programs offered at Noah's by arrangement:</b></p> <ul style="list-style-type: none"> <li>Be My Best Behaviour Support</li> <li>Westmead Feelings Program</li> <li>Secret Agent Society</li> <li>Peer Mentoring (for parents)</li> <li>The Parent Room</li> <li>Sector Capacity Building</li> <li>SWAY Program</li> </ul> <p><b>NDIS Services by appointment (subject to availability)</b></p> <ul style="list-style-type: none"> <li>Plan Management</li> <li>Key Worker (0-7 years)</li> <li>Speech Pathology</li> <li>Occupational Therapy</li> <li>Physiotherapy</li> <li>Psychology (current clients)</li> <li>Behaviour Support</li> </ul>
	<p><b>Language for Learning</b> 1pm-2.30pm Noah's Nowra Early literacy skills building for preschool age children with a NDIS Plan</p>		<p><b>Communication through the Arts</b> 3.30pm – 5pm Noah's Ulladulla An arts program for children 7-11 years with a NDIS Plan</p>	
	<p><b>Sing &amp; Grow</b> 1pm-2pm Noah's Sanctuary Point Music and movement session building a child's development led by a qualified Music Therapist</p>			
	<p><b>SOS Feeding Program</b> 3.15pm Noah's Nowra A transdisciplinary program for assessing and treating children with feeding difficulties with a NDIS Plan</p>			
	<p><b>Secret Agent Society (SAS)</b> 3pm – 4.30pm Noah's Nowra A social skills program for children 8-12 years with a NDIS Plan</p>			

## Noah's Locations:

Nowra
Ulladulla
Sanctuary Point

Illawarra - no groups this term



GROUP/PROGRAM/SERVICE	DESCRIPTION	OTHER INFO
<b>NDIS Services - Individual</b>	<ul style="list-style-type: none"> <li>• Plan Management</li> <li>• Key Worker (0-7 years)</li> <li>• Speech Pathology</li> <li>• Occupational Therapy</li> <li>• Physiotherapy</li> <li>• Psychology</li> <li>• Behaviour Support</li> </ul>	<ul style="list-style-type: none"> <li>• For ages up to 18 years</li> <li>• Available at Noah's, home or education and community settings</li> <li>• Costs (charged to NDIS Plan) are according to the NDIS Price Guide</li> <li>• Waiting lists exist for some services</li> <li>• Limited access to some services in some locations</li> </ul>
<b>NDIS Services - Groups</b>	<ul style="list-style-type: none"> <li>• Language for Learning</li> <li>• Making Friends</li> <li>• Little Learners</li> <li>• Skills Development Program</li> <li>• SOS Feeding Program</li> <li>• Secret Agent Society (social skills group for 8-12 years)</li> <li>• PEERS (social skills group for 13-18 years)</li> <li>• Westmead Feelings Program (various ages)</li> </ul>	<ul style="list-style-type: none"> <li>• Costs (charged to NDIS Plan) are according to the NDIS Price Guide</li> <li>• Waiting lists exist for some groups</li> <li>• Mainly internal referrals accepted</li> </ul>
<b>Be My Best</b>	Be My Best is for families who are experiencing difficulties managing the behaviour of their child/ren ages 2.5 to 7 years.	<ul style="list-style-type: none"> <li>• Non-NDIS Program</li> <li>• Intensive Program (Nowra only) - parents commit to 2-3 sessions per week on Mon, Tues and/or Thurs for around 10 weeks</li> <li>• Coaching Program available at Nowra and Ulladulla</li> <li>• Contact us for more information, including costs and availability</li> </ul>
<b>Start Up</b>	Start Up is a developmental assessment program for families with a child under school age who is not meeting milestones	<ul style="list-style-type: none"> <li>• Non-NDIS Program</li> <li>• Contact us for more information, including costs and availability</li> </ul>
<b>Playgroups</b>	Noah's runs a series of playgroups for families with infant or pre-school age children <ul style="list-style-type: none"> <li>• Playgroups for Aboriginal families</li> <li>• Little Steps (for children who do not attend other early childhood education services)</li> <li>• PlayConnect (Supported Playgroup)</li> <li>• Sing &amp; Grow</li> </ul>	<ul style="list-style-type: none"> <li>• Non-NDIS Program</li> <li>• Contact us for more information or to register</li> </ul>
<b>Carer Support Services</b>	<ul style="list-style-type: none"> <li>• My Time</li> <li>• The Parent Room</li> <li>• Peer-to-Peer Mentoring</li> <li>• Sibworks</li> </ul>	Contact us for more information or to register
<b>Early Childhood Early Learning Services</b>	<ul style="list-style-type: none"> <li>• Mundamia Early Learning Centre</li> <li>• SWAY (language and literacy program for early childhood services based on Aboriginal culture)</li> <li>• Koori Kids Together (targeted support for pre-schools and schools in Wreck Bay/Jervis Bay Territory)</li> <li>• Sector Capacity Building Program (supporting community pre-schools with a focus on inclusion)</li> </ul>	Contact us for more information or to register

For more information about Noah's Groups, Programs and Services or to book phone (02) 4423 5022 or visit [www.noahs.org.au](http://www.noahs.org.au)

Follow us on Facebook for the latest news and updates

**Noah's Nowra:** 69 George Evans Road, Mundamia (UOW Shoalhaven Campus), Ph: (02) 4423 5022  
**Noah's Ulladulla:** 158 Green Street, Ulladulla, Ph: (02) 4455 1318  
**Noah's Illawarra:** Flagstaff Road, Port Kembla, Ph: (02) 4423 5022  
**Noah's Sanctuary Point:** 48-52 Paradise Beach Road, Sanctuary Point

*Bookings are essential for all groups - Timetable is subject to change - Some groups and programs do not run during the school holidays*

# Strengthening Relationships

NOWRA & ONLINE COURSES | TERM 1, 2023

Call us 4254 9395  
intakeservice@catholiccare.dow.org.au  
www.catholiccare.dow.org.au  
Scan here to access your online intake form →



## FOR PARENTS & CARERS

### Circle of Security Parenting™<sup>Abbreviated</sup>

All parents have moments of not knowing what their child needs from them. Circle of Security Parenting™, based on decades of research into secure parent-child relationships, helps parents and carers make sense of what your child is really asking from you.

5 x 2 hour sessions held weekly - ONLINE Group

Tuesday, 10am-12pm: 7, 14, 21, 28 March, 4 April

\$75

### Supporting Your Child Experiencing Anxiety

This group will help you understand more about your child's needs and how you can support and encourage your child to effectively manage their anxiety.

3 x 2 hour sessions held weekly - ONLINE Group

Thursday, 10am-12pm: 23, 30 March, 6 April

\$45

### 123 Magic & Emotion Coaching

Supporting your child through challenging behaviours can be difficult and exhausting. This program will help you understand why it's occurring and provide simple strategies to manage the behaviours in a safe and effective way.

3 x 2 hour sessions held weekly - ONLINE Group

Tuesday, 5.30pm-7.30pm: 7, 14, 21 February

\$45

### Bringing Up Great Kids

Bringing Up Great Kids promotes respectful, caring, and nurturing relationships between parents and their children. Parents are encouraged to become more reflective and mindful in their parenting approach.

4 x 2 hour sessions held weekly - ONLINE Group

Thursday, 10am-12pm: 9, 16, 23 February, 2 March

\$60

### Bringing Up Great Teens

Support your child through the adolescent years: staying connected whilst giving them the independence they desire, how to manage conflict and risk taking behaviour, while maintaining a positive relationship.

4 x 2 hour sessions held weekly - ONLINE Group

Monday, 5.30pm-7.30pm: 13, 20, 27 March, 3 April

\$60



## FREE RECORDED WEBINARS

#### NATIONAL FAMILIES WEEK SERIES

**Webinars include:**

Family Resilience, Family Values, Family Connection, Family Self-Care, Family Mindfulness

\*A downloadable document is also available

#### KEEPING CALM & CONNECTED MINDFULNESS

An opportunity to refocus, reenergize and reconnect with who we are.

**Sessions include:** Mindfulness, Mindfulness & Self Care, Mindfulness & Sleep, Mindfulness & Compassion, Mindfulness & Worries, Mindfulness & Gratitude

55 WORRIGEE ST, NOWRA

CatholicCare's Families & Communities Program is funded by the Australian Government  
Concessions available \*GST may apply \*\*Schedule subject to change \*\*\*Conditions apply to complete online groups  
Please note some groups may have **LIMITED AVAILABILITY**.  
All attendees are expected to follow Covid Safe procedures when attending face to face.

Always  
connected

catholiccare

# Strengthening Relationships

NOWRA & ONLINE COURSES | TERM 1, 2023

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intakeservice@catholiccare.dow.org.au  
www.catholiccare.dow.org.au  
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## WITH A SPECIAL FOCUS

### Seeing Red - Introduction to managing challenging emotions

Strong emotions are natural. Learn to recognize, communicate and listen to your feelings and the feelings of those around you. Learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

We are currently taking expressions of interest for this group in 2023. Please contact us to be placed on the waiting list. **FREE**

### Poppy Playgroup

\*Located at 68 Shoalhaven St, Nowra

Being a parent can be one of the most challenging and rewarding experiences of your life but it can also contribute to anxiety, depression and grief and loss or other mental health issues. Join a nurturing and safe environment where you can share the good times and find comfort in the tough times with fellow parents.

**2.5 hour Sessions FORTNIGHTLY during school terms** **FREE**  
Sessions for 2023 to be confirmed

### Black Box Parenting

Explore how previous life events, experiences and/or trauma influence your parenting and how you interact with your children. Facilitators will provide a non-judgmental environment to help you improve your social and emotional wellbeing to support your parenting journey.

We are currently taking expressions of interest for this group in 2023. Please contact us to be placed on the waiting list. **FREE**



## FOR PARENTS AFTER SEPARATION

### Keeping Kids in Mind

Parenting after separation can be difficult for both you and your child. Witnessing ongoing conflict can have a negative impact on a child's development. Learn how to support your child and deal with both the practical and emotional challenges of parenting after separation.

5 x 2.5 hour sessions held weekly - ONLINE Group **\$150**  
Thursday, 5.30pm-8pm: 9, 16, 23 February, 2, 9 March

## Counselling

CatholicCare's affordable counselling service provides support to children, adults, couples and families experiencing:

- grief and loss
- family and relationship difficulties
- stress/anxiety/depression
- changes in personal or family situations
- trauma



Our skilled and compassionate counsellors are qualified professionals experienced in couple, family and individual counselling.

**Phone or ZOOM (Video) counselling available.**

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# Strengthening Relationships

WOLLONGONG & ONLINE COURSES | TERM 1, 2023

Call us 4254 9395  
intakeservice@catholiccare.dow.org.au  
www.catholiccare.dow.org.au  
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## FOR PARENTS & CARERS

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5 x 2.5 hour sessions held weekly

Wednesday, 5.30pm-7.30pm: 8, 15, 22 February, 1, 8 March  
Tuesday, 10am-12pm: 7, 14, 21, 28 March, 4 April \*ONLINE

\$75

### Supporting Your Child Experiencing Anxiety

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3 x 2 hour sessions held weekly -ONLINE Group

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\$45

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Bringing Up Great Kids promotes respectful, caring, and nurturing relationships between parents and their children. Parents are encouraged to become more reflective and mindful in their parenting approach.

4 x 2 hour sessions held weekly – ONLINE Group

Thursday, 10am-12pm: 9, 16, 23 February, 2 March

\$60

### Bringing Up Great Teens

Support your child through the adolescent years: staying connected whilst giving them the independence they desire, how to manage conflict and risk taking behaviour, while maintaining a positive relationship.

4 x 2 hour sessions held weekly –ONLINE Group

Monday, 5.30pm-7.30pm: 13, 20, 27 March, 3 April

\$60



## FREE RECORDED WEBINARS

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##### Webinars include:

Family Resilience, Family Values,  
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25-27 AUBURN ST, WOLLONGONG

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WOLLONGONG & ONLINE COURSES | TERM 1, 2023

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## WITH A SPECIAL FOCUS

### SEEING RED - Introduction to managing challenging emotions

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\$75

### Black Box Parenting

Explore how previous life events, experiences and/or trauma influence your parenting and how you interact with your children. Facilitators will provide a non-judgmental environment to help you improve your social and emotional wellbeing to support your parenting journey.

5 x 2.5 hour sessions held weekly

Thursday, 10am-12:30pm: 9, 16, 23, 30 March, 6 April

FREE

### My Kids and Me

The emotions and processes involved when a child is removed from your care can be hard to understand, manage and navigate. Join us in a safe, supportive environment to discuss and reflect on these challenges and learn strategies to strengthen the relationship with your child.

7 x 2.5 hour sessions held weekly

Tuesday, 10am-12:30pm: 14, 21, 28 Feb, 7, 14, 21, 28 March

FREE



## FOR PARENTS AFTER SEPARATION

### Keeping Kids in Mind

Parenting after separation can be difficult for both you and your child. Witnessing ongoing conflict can have a negative impact on a child's development. Learn how to support your child and deal with both the practical and emotional challenges of parenting after separation.

5 x 2.5 hour sessions held weekly - ONLINE Group

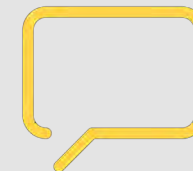
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connected

catholiccare

# 7 WAYS TO BUILD STUDENT WELLBEING



Support your students' mental health by creating opportunities for connection and a positive school culture.

Here are 7 ways to boost your students' sense of wellbeing:

1. **Build strong relationships.**
2. **Help students become resilient.**
3. **Encourage positive thinking.**
4. **Foster an anti-bullying culture.**
5. **Empower students to be leaders.**
6. **Support students through change.**
7. **Focus on teacher wellbeing too.**

The Peer Support Program is a proven way to improve student wellbeing. The program builds relationships, provides leadership opportunities, and helps kids learn important skills like resilience and optimism.

Together we can create the foundations for young people to manage life's ups and downs.

Contact Peer Support Australia to find out more.

☎ 1300 579 963  
✉ [admin@peersupport.edu.au](mailto:admin@peersupport.edu.au)  
🌐 [www.peersupport.edu.au](http://www.peersupport.edu.au)



## DOWNLOAD OUR FREE BOOK

We have two free ebooks available for download on our website. Use the links below.

**[Primary school teachers: Tips for boosting whole-of-school wellbeing.](#)**

**[Secondary school teachers: Tips for helping students start high school.](#)**



## JOIN A WORKSHOP TO LEARN HOW TO IMPLEMENT OUR PROGRAM AT YOUR SCHOOL.

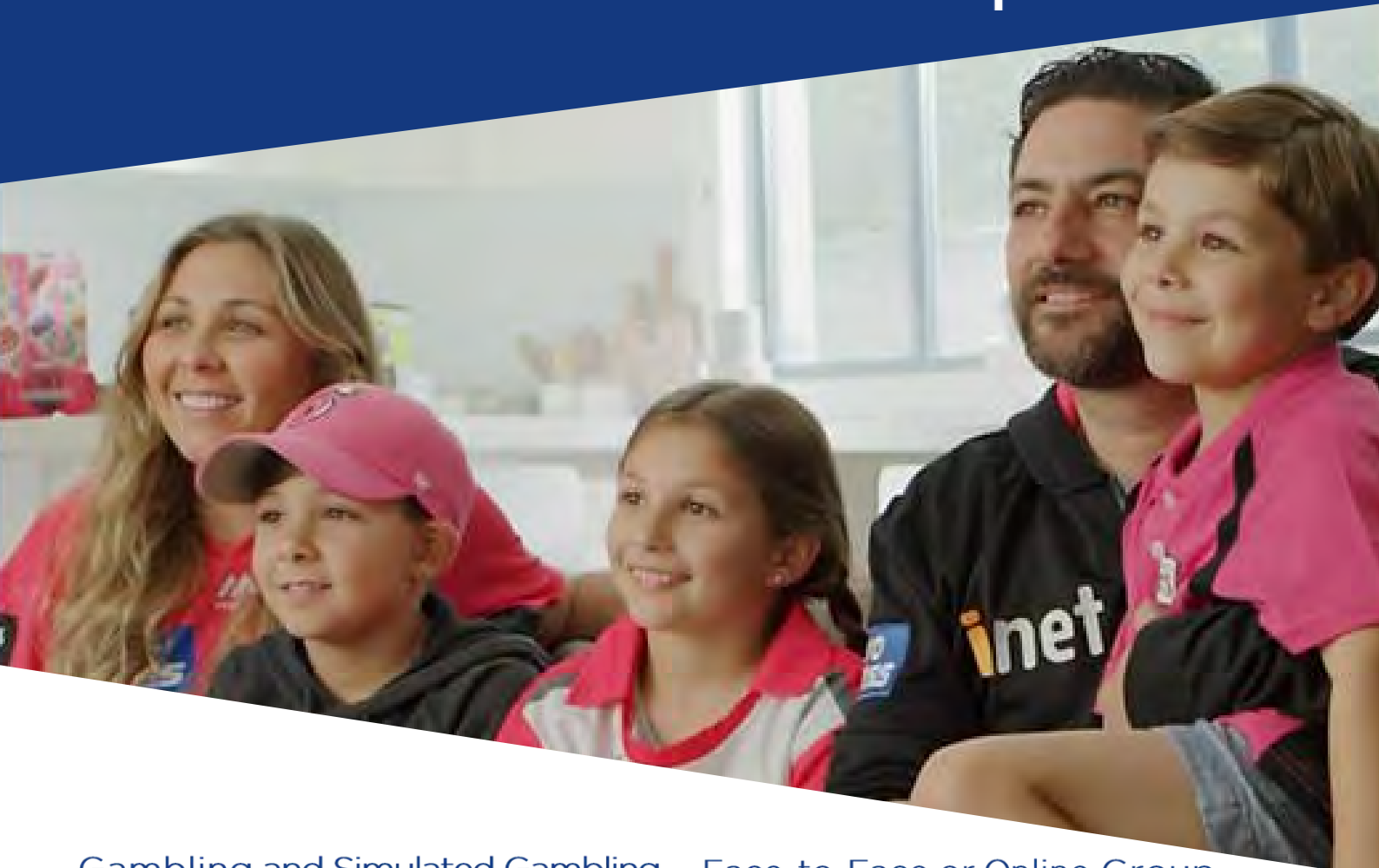
The details of our upcoming one-day workshops are:

- Wednesday, 15 February in Sydney
- Tuesday, 28 February in Newcastle

We also offer 2-hour online workshops. Check our website for details.

**[BOOK YOUR PLACE](#)**

# GambleAware for Parents Workshop



## Gambling and Simulated Gambling Can Harm Children

This free workshop will educate parents and carers about the connection that exists between gaming and simulated gambling.

With the increased accessibility of online gaming and simulated gambling featured in online games, children are at a higher risk of experiencing gambling harm.

### Key Learning Objectives

- Gain knowledge of how young people are affected by gambling harm and the links to gaming
- Understand the major influences on young people's gambling behaviours
- Learn strategies to help prevent young people from being affected by gambling harm

## Face-to-Face or Online Group Sessions

This workshop is 1 hour in length and can be delivered face-to-face or online. The workshop will cover the following topics:

- Gaming and young people
- Gambling and simulated gambling
- Gambling advertising
- Parental influence
- Support services

### To Register Your Interest

Call Joseph Lyons on 0436 944 701 or email [lyonsj@missionaustralia.com.au](mailto:lyonsj@missionaustralia.com.au)

**GAMBLEAWARE**  
[gambleaware.nsw.gov.au](http://gambleaware.nsw.gov.au)  
1800 858 858







# park & play

**ULLADULLA  
2023**

**Come along to Ulladulla's FREE  
Mobile Playgroup.**

**-Mollymook Park, Golf avenue,  
Mollymook.**

**-Starting Monday the 6th of February  
and every other Monday during school  
term.**

**-9.30 till 11.30**

**-Don't forget to bring water, a hat, sun  
cream and some snacks.**



**PLEASE FOLLOW OUR FACEBOOK PAGE  
PARK AND PLAY ULLADULLA  
FOR MORE INFORMATION OR CALL 1800 372 000  
(OPTION 4)**



**Family Services Australia**

## About Us

Wattle Place is a service of Relationships Australia NSW. We have a skilled, experienced and committed team of staff who are here to listen and offer acknowledgment, respect, understanding and hope.

Our counsellors and caseworkers have been providing support for over 10 years to people who experienced abuse in childhood.

We provide a safe and inclusive support for people from all backgrounds and abilities.

## Fees

Our Services are provided free of charge.



## Contact us

No referral is required. Simply call or email us to see how we can offer you support.

**1800 025 441**

(FREECALL from within NSW)

**(02) 9687 3636**

(from outside NSW)

**Email:**

**wattleplace@ransw.org.au**

Or you can visit our website

**www.wattleplace.org.au**

The Wattle Place Redress Support Service is funded by the Department of Social Services

Relationships Australia  
NEW SOUTH WALES



Relationships Australia  
NEW SOUTH WALES

**WATTLE PLACE**

A place of understanding, support and hope

## Redress Support Service

We provide support to anyone applying to, or considering applying to, The National Redress Scheme

National Redress Scheme

For people who have experienced institutional child sexual abuse

Find out more at [www.nationalredress.gov.au](http://www.nationalredress.gov.au) or call 1800 737 377





## About the National Redress Scheme

Redress is a way of acknowledging what happened.

The National Redress Scheme can provide

- A recognition payment
  - Access to free counselling
  - An Apology - Direct Personal Response from the institution(s)
- For People who want one.*

## Who is eligible?

The National Redress Scheme is for people who have experienced institutional child sexual abuse.

You may be eligible to apply for Redress if:

- You experienced sexual abuse when you were under 18 years old, and
- An institution was responsible for bringing you into contact with the person who abused you, and
- The abuse happened before 1 July 2018 and
- You were born before 30 June 2010.

## How Wattle Place can help

As a National Redress Support Service, Wattle Place offers free and confidential support to people who experienced institutional child sexual abuse and are applying, or are thinking of applying, to the National Redress Scheme.

We can,

Guide you through the process

Help you apply for Redress

Provide Counselling

Support you through your interaction with the Scheme

Support you to receive your Apology (Direct Personal Response)

Call Our Team on 1800 025 441

You can apply to the Scheme until [30 June](#) 2027

Further information about the Scheme can be found at [nationalredress.gov.au](http://nationalredress.gov.au)

## We provide:

- information about the Scheme and answers to your questions
- someone to talk to
- help to submit your application, if you choose
- help to understand your Redress outcome

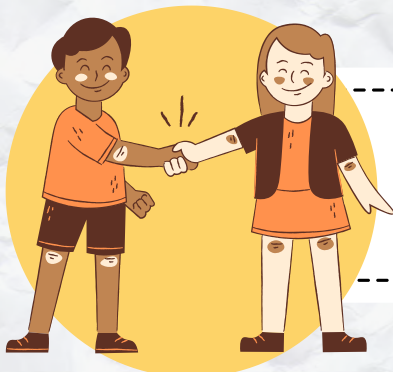
We can connect you with free community legal and financial support services.

We can work with you in person, over the phone, online via video, or a combination that works for you.



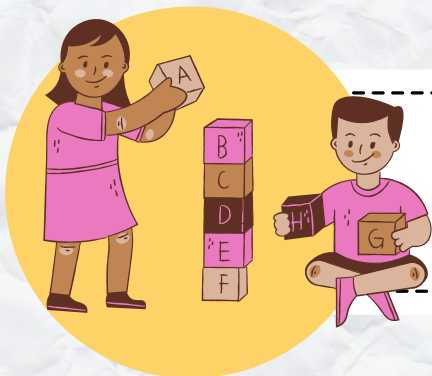
# Small Steps

Seminars, workshops and tools to identify and support childhood anxiety



Anxiety can impact a child's social, family and school life

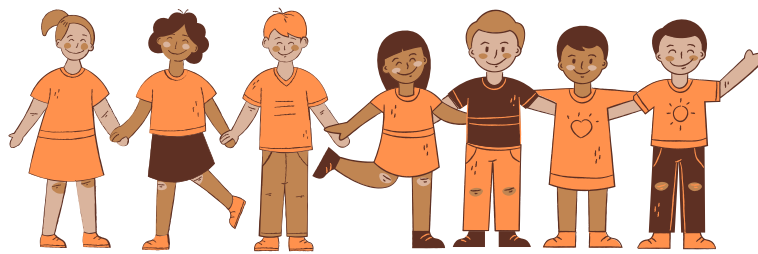
Seeking help early is the most effective way to improve outcomes for children



When children develop coping skills they can better manage the symptoms of their anxiety

With treatment and support, children can thrive





1 in 7 children are affected by a mental disorder  
- anxiety is one of the most common



In our 90 minute seminar, you will learn about indicators of anxiety and the strategies you can use to support children

Ready to book a seminar?  
For information and booking enquiries, get in touch.

[Understandinganxiety.org.au](http://Understandinganxiety.org.au)  
(02) 9339 6003  
[smallsteps@wayahead.org.au](mailto:smallsteps@wayahead.org.au)



Small Steps is run by WayAhead and funded by NSW Health



**WayAhead**

WayAhead acknowledges the Gadigal people of the Eora Nation as the traditional custodians of this land and pay respects to Elders both past and present.





Family Services Australia

# NOWRA Playgroup 2023

1/80 Park Road Nowra



Term 1 starts  
10am-12pm  
Wednesday  
8th February



**FREE  
PLAYGROUP**  
Morning tea  
Provided

Fun & Creative  
Outdoor Activities

Are you the parent, grandparent or caregiver of a child under 5? Come along to our free playgroup and join in our wide variety of fun activities!

For more information regarding Playgroup in Nowra please call Ebony on 0458 010 900 or FSA on 1800 372 000 (option 4)



FREE **8** WEEK PARENTING GROUP  
ULLADULLA CIVIC CENTRE

# TUNING IN TO KIDS

## For Parent's & Carers of Children Aged 0-10 Years

### You Will Learn

Tuning in to Kids® is an emotion-focused parenting program. It provides parents and carers with skills in emotion coaching, which is about recognising, understanding and managing their own and their children's emotions. When children develop these emotional skills they are better able to negotiate the ups and downs of life.

### When and Where

The Group runs over 8 sessions during School Term 1, 2023

- Tuesday's from 10am to 12pm
- 7 February to 28 March, 2023
- Ulladulla Civic Centre  
81B Princes Highway  
Ulladulla

### Bookings Essential To register

#### Email:

Helen.Jessop@familyservices.org.au  
or

#### Phone:

Helen 0407 181 408 or  
1800 372 000 Option 4

Free limited child minding available

**Do you have a State Debt?**  
We may be able to help you pay off your fines with a Work & Development Order



Family Services Australia