



NSW

# School-Link

Health and Education Working Together

## Illawarra Shoalhaven Local Health District

Term 1 2025

### Welcome!

Welcome to the 29th edition of the ISLHD School-Link Newsletter! This issue looks at transitions into primary school and from primary to high school.

For many children, the transition to school or between schools will be a positive experience. However, some students may find this transition difficult and this could have lasting impacts on their educational outcomes.

The following pages contain tips for high school students and the parents of primary school children on managing school transitions.

Schools planning around transitions and implementing strategies to promote belonging and wellbeing in all students is vital as they reach this stage of potential vulnerability.

### 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

### Useful website: ISLHD Mental Health Services

ISLHD delivers specialist mental health assessment and care across community and inpatient settings and in partnership with a range of other government agencies and services.

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



### 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)

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## Tips for parents with children who are transitioning to primary school

Starting school will inevitably bring up a range of emotions for parents, carers and children. As parents and carers, we can support our children to manage these emotions by:

- Being aware that starting school brings lots of different emotions such as: excitement, fear, curiosity and worry
- Be brave enough to talk about these emotions with your child – it will bring you closer
- Really listen to your child and help them name these emotions
- Let your child know that it is normal to feel like this when things are new (you can give some examples of your own experience of starting something new)
- Reassure your child that these feelings won't last – feelings are like the weather and change often throughout the day

## At school your child will be navigating a range of new and different relationships

It can help to:

- Teach your child how to be assertive
- Arrange play dates with other kids in their class to help establish friendships
- Get to know the other parents
- Encourage your child to explore different friendships by sitting with different groups at break times
- Read books about being a friend
- Set time aside at the end of the day to talk

Some kids require additional support at school. They may struggle to connect socially, find it hard to concentrate in class or fall behind their peers in basic literacy and numeracy.

If you have concerns about your child's development speaking to a Parent Line counsellor may help you find the right strategies, support and referral pathways.

## Source: ParentLine NSW

A free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW.

Call 1300 1300 52

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



## Love in a lunch box

Simple tips to help at break times:

- Pack familiar food
- Provide food your child can easily open or unwrap
- Add a personalised note that will brighten their day or make them laugh – it will let them know you are thinking about them
- Have your child practice opening and closing their lunchbox, unwrapping plastic film and opening containers, packaging and zip-lock bags so it becomes second nature for them

## Managing transitions

It is normal for kids to be exhausted after a day at school. This can sometimes lead to emotional meltdowns. All that learning and navigating new relationships is draining. It can help to have established afternoon routines which allow for some down-time. Family meal time is a good place to ask your child about their day and reconnect.

Rituals for the end of the day, week, term and year will help your child transition more smoothly.

Rituals might be cooking your child's favourite meal together, watching a movie or building a hideout from boxes and blankets.

Transitioning to school is big for parents too. Parents are often caught off-guard by their own feelings of excitement, sadness and nervousness at sending a child to school.

Speaking to an empathic and non-judgmental Parent Line counsellor can help you come to terms with and manage these complex feelings.

The [transition from primary to secondary school](#) involves a period of rapid change, which is challenging for everyone involved. It is often a time of celebration and excitement, but it can also be worrying and stressful as students are required to adapt to new environments and expectations.

Successful transition is vital to the development of students' sense of belonging, connectedness and academic self-competence.

## 3 tips for students starting high school

Starting high school is a big and exciting change, and it's completely normal to feel a little unsure about it at first. Over the next year, you're going to learn new things, meet amazing people and discover what makes being in high school so special.

Try to focus on just being yourself and embracing all the new experiences and opportunities that lie ahead.

### 1. Take care of yourself

Taking care of your physical and mental health will help you to feel your best and stay energised for everything high school has to offer. Here are some simple things you can do:

- Make sure you [get a good night's sleep](#). Sticking to a sleep schedule and following a good nightly routine will help you to feel more alert and focused during the day.
- Eat [foods that fuel your brain](#). This will give you the energy you need to tackle your school work.
- Exercise regularly to boost your mood and energy levels. Even if the gym or a team sport isn't your thing, there are plenty of other [fun ways to stay active](#).
- Exercise regularly to boost your mood and energy levels. Even if the gym or a team sport isn't your thing, there are plenty of other [fun ways to stay active](#).
- Make time for the things you love. School is important, but spending time on your hobbies or hanging out with friends will help to keep you feeling positive overall and better able to handle stress. Learn more about [how to be awesome at self-care](#).

### 2. Try new things at high school

Go into high school with an open mind – there are so many new people to meet and new activities to try! [Joining a sports team](#) can be a great way to have fun, meet new people and de-stress. If you like getting creative, think about joining the school band or taking part in a photography or drama club.

By trying new experiences, you'll get to know your new classmates and find those who have similar interests to you. For more tips on finding your people, check out our [guide to making new friends at school](#).

### 3. Keep up a routine

Having a routine will help you to manage your time and make school feel less stressful. Here's how you can stay on track:

- Set aside regular time for homework, to help you stay focused, organised and more in control.
- Talk to your family about setting up a quiet, distraction-free space at home for doing your homework.
- Use [study apps to keep you on track](#).

Check out more tips on [managing your time](#) and [figuring out your at-home study style](#).

### Source: ReachOut Schools

Engaging activities for students. Credible, flexible resources for teachers, practical support for parents and carers.

<https://schools.au.reachout.com/>



# Back to School Tips for families

After a long break, it can be challenging to get back into school routines. Click or scan links to check out the resources below for helpful tips and strategies to support your child's health and wellbeing.



[bit.ly/LLWSscreen](https://bit.ly/LLWSscreen)

## Screen time

Help balance screen time with other activities and reduce recreational screen time to less than 2 hours per day.



[bit.ly/LLWSgaming](https://bit.ly/LLWSgaming)

## Gaming

Gaming can help with problem-solving and development, but it's important to enjoy it in moderation.



[bit.ly/LLWSlunch](https://bit.ly/LLWSlunch)

## Healthy eating

Healthy eating helps children grow, develop, and learn. What you pack in your lunchbox counts.



[bit.ly/playillawarra](https://bit.ly/playillawarra)

## Physical activity

Explore and play in your local area to get your child's daily 60mins of 'huff and puff' physical activity.



[bit.ly/LLWSsleep](https://bit.ly/LLWSsleep)

## Sleep

Children aged 5-12 years need 9-11 hours of sleep each night to help them grow strong and stay healthy.



[bit.ly/LLWSrefusal](https://bit.ly/LLWSrefusal)

## School refusal & mental health

Returning back to school can sometimes leave children feeling stressed or anxious.



[bit.ly/LLWSactive](https://bit.ly/LLWSactive)

## Active travel

Active travel to school boosts fitness, encourages healthy habits, and helps the environment.



[bit.ly/LLWSteeth](https://bit.ly/LLWSteeth)

## Brushing teeth

Brushing teeth is important as it helps prevent cavities, gum disease, and bad breath.



Live Life Well  
@ School



# Get Active!

## Sports Directory for Illawarra and Shoalhaven



Sports and **active recreation** are important in our communities, connecting people of all ages and backgrounds. Whether you're playing casually or at a high level, sports and activities help build community pride, strengthen friendships and create a sense of belonging.

When children, teens, and adults take part in sports and active activities, they are more likely to stay healthy and active throughout their lives. These activities can help people live longer and manage mental health issues. Studies also show that being active can improve thinking skills and school performance.



This Get Active! Directory lists sporting opportunities within the Illawarra and Shoalhaven.

Use this resource to explore what is available in your local area for the children, young people and/or adults you support. Encouraging engagement in an activity can bring physical, mental, social and emotional health benefits.



## Careers in Health: A School Work Experience Program

### Are you curious about what working in Health may look like?

Our Careers in Health work experience program will be running out of Shoalhaven and Wollongong Hospitals again in 2025, with a total of 6 programs.



### Program dates: Wollongong

- Wednesdays - 7th, 14th and 21st May 2025 - Term 2
- Wednesdays - 30th July, 6th and 13th August 2025 - Term 3
- Thursdays - 23rd, 30th October and 6th November 2025 - Term 4

### Program dates: Shoalhaven

- Wednesdays - 4th, 11th and 18th June 2025 - Term 2
- Wednesdays - 10th, 17th and 24th September 2025 - Term 3
- Tuesdays - 11th, 18th and 25th November 2025 - Term 4

Our 3-day work experience program is for high school students in years 10-12 who are interested in learning more about being a Nurse, Security Officers, Dr, Lawyer or even an Electrician working in Health.

**APPLICATIONS OPEN from Wednesday 12th March 2025 to Wednesday 26th March 2025**

All 2025 programs will be filled from this intake

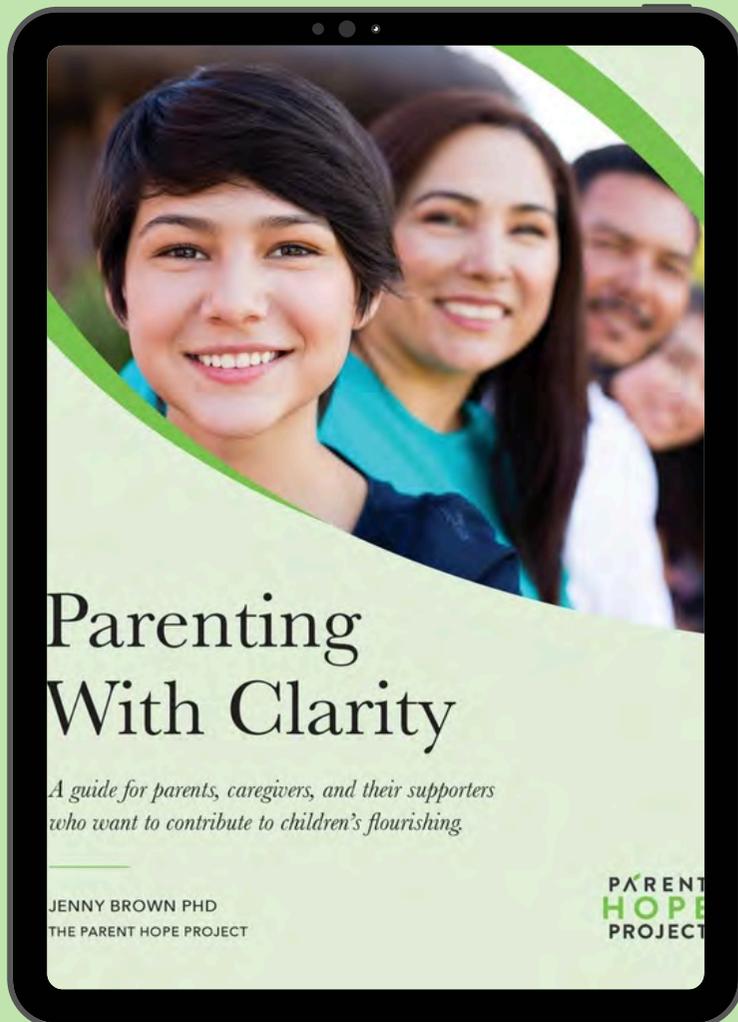
**[islhd.health.nsw.gov.au/school-work-experience](https://islhd.health.nsw.gov.au/school-work-experience)**

# Family Systems Parent Courses

PARENT  
HOPE  
PROJECT

**Dr Jenny Brown**

Individual access taster options:  
online delivery



Cultivating Confident Parenting – 1 part course \$25



Confident Parent Course  
4 part parenting course  
+ 1 part course \$99



Training- Family Systems and Symptoms in Children \$175



Parenting with Clarity – book companion to courses

*Foster positive partnerships with parents, support student mental health*

**School Package and Resources**

[parenthopeproject.com.au/schools-courses/](http://parenthopeproject.com.au/schools-courses/)

EVIDENCE BASED

# Free Parent Program

Co-Developed with Families for Families

ENVISAGE is a peer program designed for parents & caregivers raising children aged 0-8 with a disability, developmental concerns, or who are neurodiverse.

The program is designed to help you:

- Feel more **confident and competent** in making decisions for your family
- Discover **practical, evidence-based strategies** to help you better understand and advocate for your child's needs.
- **Connect with others** who may be on similar journeys and share experiences



## How does the program work?

All workshops are **interactive**, combining presentations with in-depth group discussions and practical exercises.

 5 x Weekly Workshop Sessions

 Up to 90 minutes per workshop

 Facilitated by a qualified professional from Lifestart and a Parent Peer

 No cost to you. Your child does not need a NDIS plan or diagnosis to participate.

## Upcoming online programs

 Tuesday Weekly Sessions  
18 Feb - 18 Mar

 7:30pm-9pm

[Click here](#) to register

 Tuesday Weekly Sessions  
25 Feb - 25 Mar

 11am-12:30pm

[Click here](#) to register

 Monday Weekly Sessions  
3 Mar - 31 Mar

 10:30am-12pm

[Click here](#) to register

Contact us for more information or for assistance with the registration process:

 (07) 3861 6079

 [envisage@acu.edu.au](mailto:envisage@acu.edu.au)

 <https://envisage.community>

# TAG

## TRANS AND GENDER DIVERSE GROUP WOLLONGONG

### *A Monthly Social Group*

Held on the second Wednesday of the month, TAG offers a safe space for Trans, Gender Diverse, and Questioning individuals aged 16-25 to connect with others who share similar experiences. Due to room capacity limitations please register with the QR code below or email [creed@gph.org.au](mailto:creed@gph.org.au) for more information.





# transparent group for parents and carers

headspace Wollongong facilitates a monthly support group for parents and carers of transgender and gender diverse young people.

The group aims to provide support to parents & carers so they can best support their young person.

**when**

held monthly on the first Wednesday of every month

**where**

either online via Zoom or in person at the headspace Wollongong centre

**contact**

contact headspace Wollongong either via phone on 4220 7660 or email via [headspace@gph.org.au](mailto:headspace@gph.org.au)

# GambleAware support services in NSW



**From 1 July 2021, GambleAware is the new gambling support and treatment service in NSW. Like Gambling Help, GambleAware will provide support and counselling for individuals and their families in NSW, and much more.**

The change to GambleAware is more than a rebrand. GambleAware is a redesign of how the NSW Government provides gambling information, education, support and treatment all over the state. It is designed to connect more people across NSW to the right help, at the right time, from services that are right for them.

## Why change now?

Gambling counselling and support services have helped tens of thousands of people experiencing gambling harm for over 20 years, all over the state. But we knew that many people in NSW affected by gambling were not getting all the help they needed. We took a hard look at the system NSW had in place to see what was working and what wasn't.

Here is what we found:

- Despite the vast range of services available to people affected by gambling harm, many didn't see themselves as candidates for those services.
- Stigma around gambling was a barrier to seeking support, and people didn't realise how much free confidential support was available – before they reached crisis point.
- There were challenges in coordinating services in some geographic regions. This disadvantaged individuals and communities when they needed support most.

**GAMBLEAWARE**  
**gambleaware.nsw.gov.au**  
**1800 858 858**

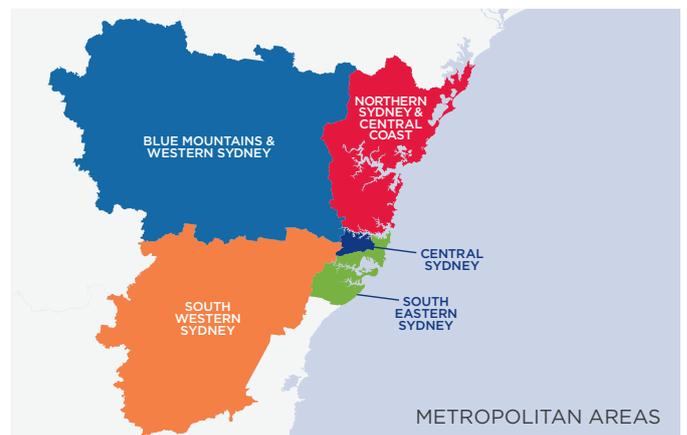
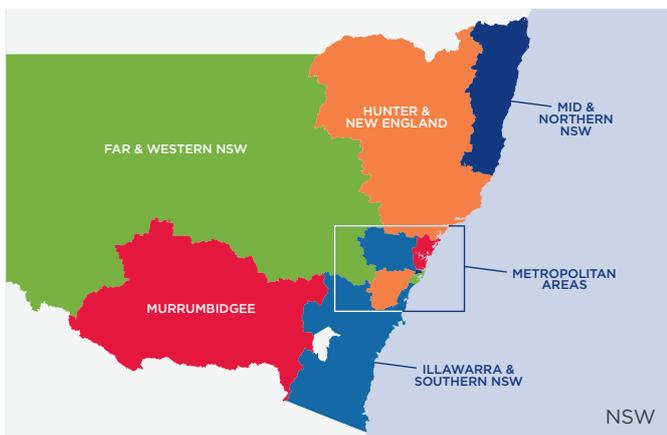


## What has changed?

### Dedicated regional GambleAware Providers

GambleAware has created 10 regions in NSW that align with local health districts to better integrate them with local community and health services. That means you're now in a region overseen by a specialist GambleAware Provider dedicated to providing support to everyone impacted by gambling harm throughout your region.

GambleAware Provider	Key centres include ...
<b>Blue Mountains &amp; Western Sydney</b>	Parramatta, Penrith, Lidcombe, Blacktown, Katoomba, Lithgow, Springwood, Emerton, Richmond
<b>Central Sydney</b>	Campsie, Belmore, Camperdown, Ashfield, Lewisham
<b>Far &amp; Western NSW</b>	Bathurst, Bourke, Broken Hill, Cobar, Coonamble, Dubbo, Orange
<b>Hunter &amp; New England</b>	Cardiff, Forster, Gloucester, Maitland, Mayfield, Muswellbrook, Singleton, Taree, Armidale, Glen Innes, Gunnedah, Inverell, Moree, Narrabri, Tamworth, Walgett
<b>Illawarra &amp; Southern NSW</b>	Wollongong, Shellharbour, Nowra, Ulladulla, Batemans Bay, Bega, Goulburn, Queanbeyan, Cooma, Harden
<b>Mid &amp; Northern NSW</b>	Coffs Harbour, Grafton, Lismore, Port Macquarie and Tweed Heads
<b>Murrumbidgee</b>	Albury, Wagga Wagga, Corowa, Finley, Deniliquin, Holbrook, Glenroy
<b>Northern Sydney &amp; Central Coast</b>	Manly Vale, Narrabeen, Ryde, Tuggerah, West Gosford, Wyong, Toukley, San Remo
<b>South Eastern Sydney</b>	Kogarah, Sutherland, Bondi Junction, Darlinghurst
<b>South Western Sydney</b>	Fairfield, Bankstown, Liverpool, Campbelltown, Bonnyrigg, Wingecarribee, Wollondilly



## More community engagement

There will be more community engagement officers in your region to work with communities through outreach and community engagement. This means we can support more people who may not know help is there for them, particularly in Aboriginal and multicultural communities.

## Greater access to specialised counsellors

The GambleAware framework makes more counsellors available and provides more ways for people to speak with them one on one – including in person, by video chat or using online chat.

People already accessing services in your region will continue to get ongoing support when they need it. Because the new GambleAware Provider will be delivering their local specialist services, they may be introduced to new services.

## New GambleAware digital platform

We have invested in digital technology to improve the service experience for people seeking help and to provide more self-help options through apps and digital tools. This means the support people receive should just get better.

The new GambleAware website [gambleaware.nsw.gov.au](https://gambleaware.nsw.gov.au) provides more gambling information and access to a greater range of support – from self-help to free peer-to-peer support to in-person and online counselling.

## Need to refer a client to GambleAware?

If you or your organisation has a client you'd like to refer to a GambleAware service in your region, call GambleAware Illawarra and Southern NSW on **02 4267 6600**. Later this year, you will be able to refer or book appointments for your clients the digital platform at [gambleaware.nsw.gov.au](https://gambleaware.nsw.gov.au). Alternatively, call GambleAware on **1800 858 858**.

## More questions about GambleAware?

The transition to GambleAware is a significant change for everyone in NSW experiencing gambling harm. If you have questions about supports and services in your region, get in touch with your GambleAware Provider.



# Empowering women to thrive in work and in life.

Dress for Success NSW & ACT supports women entering and re-entering the workforce by providing quality clothing for job interviews and significant life events. Our career support services include help to write a resume and prepare for interviews, plus our Career Hub provides a full range of online resources to support every step of your job search and career journey.

All women are welcome, and all of our services, and clothing are provided free of charge.

## What to Expect at your Styling Session

On arrival, you will be matched with a dedicated Volunteer Stylist for a personal one-hour styling session. The Stylist will help you choose a full outfit of clothes, including shoes and accessories, so you can feel prepared and present yourself confidently.



### Book a Styling Session

Book for your free Illawarra Styling Session for a job interview, new role, training or other important occasion.



### Get Career Support

Tailored one-on-one advice to review your resume and prepare for job interviews.



### Join our Career Hub

24/7 access to online workshops and essential career resources, to help build your skills and confidence.



Learn More About Our Free Services  
<https://nswact.dressforsuccess.org>

### Our Branches

Illawarra: 2/210 Cowper Street, Warrawong  
Sydney: 1/7 Prospect Road, Summer Hill  
Newcastle: 82-84 Belford Street, Broadmeadow

## 2025 Small Steps Childhood Anxiety program

Don't miss out- book your 2025 Small Steps Childhood Anxiety seminars and workshops.

Last year we delivered professional workshops to teachers at 17 schools. 20 schools booked *general childhood anxiety* seminars for their parent communities. We were part of Kindy Orientation at 17 schools to discuss *Separation Anxiety* and 10 schools booked us to deliver *Transition to High School* seminars to Year 5 and 6 parents.



Our seminars and workshops are \$150 (+GST) and can be delivered at your school or online via Zoom.

Wayahead, Mental Health Association of NSW has been facilitating Small Steps in schools for over 20 years.

We support your staff team to work more effectively with students experiencing anxiety and provide parents with practical strategies to help their anxious child. We show how to break down tasks into small steps, so children learn to face worries and manage small amounts of anxiety with growing confidence.

Email [monique.brunello@wayahead.org.au](mailto:monique.brunello@wayahead.org.au) or call **02 9339 6003** to book or to talk about your school's needs.

Our 2024 attendees told us their most important takeaways:

Teachers:

*'Breaking the goal down into small steps collaboratively and keeping it visual to the young person. I will put this into practice not only as a teacher but also as a parent.'*

*'User friendly & proactive tips'*

*'That anxiety is manageable, and strategies are readily available for all our students.'*

Parents:

*'The small steps process is a really helpful model that I will implement with my child for their anxiety.'*

*'The small steps process, I didn't realise I could do these steps, I'll put these in practice.'*

*'A tip I learnt is to listen to my daughter rather than solve her problem. I will be more proactive. It was also comforting hearing other people's experiences and questions at the end. I am now much more aware of signs of childhood anxiety.'*

If you were forwarded this email (hi! welcome!), sign up to our emails at [eSafety News](#).



Safer Internet Day is just two weeks away — Tuesday 11 February 2025! Got your plans locked in? Fantastic! Still figuring it out? No worries — here are four easy ways to get involved:

1. Download your toolkit – The [Back-to-School Toolkit for Educators](#) includes a poster, newsletter content, social media tiles and activities. There is also a [Tertiary Toolkit](#) with social media content, poster, and activity ideas.
2. Visit the Safer Internet Day hub – Looking for more ideas? Visit [our resources for educators and tertiary institutions](#) on the Safer Internet Day hub for inspiration on how to get involved.
3. [Sign your class up to a virtual classroom webinar](#) – Live sessions for Year 3-4 and Years 5-6 students to build practical online safety skills.

We can't wait to see how your school takes action to create a safer, more positive internet this Safer Internet Day!

[More ways to get involved](#)

# Strengthening Relationships

Term 1, 2025

## For parents and carers

### Circle of Security Parenting™ (abbreviated) - 5 x 2 hours weekly / \$75

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Term	Location	Dates	Day	Time
Term 1	Online	3, 10, 17, 24 Feb, 3 March	Monday	5.30-7.30
	Campbelltown	12, 19, 26 March, 2, 9 April	Wednesday	10-12

### Supporting Your Child Experiencing Anxiety - 3 x 2 hours weekly / \$45

Understanding how to support your child through feelings of anxiety can be very challenging. This group will help you understand more about your child's needs and how you can support and encourage your child to effectively manage anxiety.

Term	Location	Dates	Day	Time
Term 1	Online	18, 25 March, 1 April	Tuesday	5.30-7.30

### 123 Magic and Emotion Coaching Inclusive - 3 x 2 hours / F2F 3 x 2 ½ hours / \$45

Supporting your child through the many challenging behaviours they may display each day, can be difficult and exhausting. This group will help you understand why the behaviour may be occurring, and simple effective strategies to manage the behaviours in a safe and effective way.\*This program is inclusive of parents of neurodivergent children and our F2F sessions will be an opportunity for parents with similar experiences to explore and discuss the content together.

Term	Location	Dates	Day	Time
Term 1	Online	19, 26 March, 2 April	Wednesday	10-12
	Wollongong	25 March, 1, 8 April	Tuesday	10-12.30

### Bringing Up Great Kids - 4 x 2 hours weekly / \$60

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

Term	Location	Dates	Day	Time
Term 1	Online	5, 12, 19, 26 Feb	Wednesday	10-12

### Bringing Up Great Teens - 4 x 2 hours weekly / \$60

Support your child through this time of development, learn how to stay connected, while giving them the independence they desire, understand the changes they are going through, and how to manage conflict and risk taking behaviour, while maintaining a positive relationship.

Term	Location	Dates	Day	Time
Term 1	Online	20, 27 March, 3, 10 April	Thursday	5.30-7.30

## For parents after separation

### Keeping Kids in Mind - 5 x 2.5 hours weekly / \$150

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.

Term	Location	Dates	Day	Time
Term 1	Online	4, 11, 18, 25 Feb, 4 March	Tuesday	10-12.30
	Campbelltown	12, 19, 26 March, 2, 9 April	Wednesday	5.30-8

# Strengthening Relationships

## With a special focus

### Seeing Red - 5 x 2 hours weekly / \$75

Strong emotions are natural and are felt by everyone. Learn to recognize, communicate and listen to your feelings, as well as 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.

Term	Location	Dates	Day	Time
Term 1	Wollongong	5, 12, 19, 26 Feb, 5 March	Wednesday	5.30-7.30
	Nowra	13, 20, 27 March, 3, 10 April	Thursday	10-12

### Black Box Parenting - 5 x 2.5 hours weekly / FREE

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.

Term	Location	Dates	Day	Time
Term 1	Campbelltown	5, 12, 19, 26 Feb, 5 March	Wednesday	10-12.30
	Wollongong	6, 13, 20, 27 Feb, 6 March	Thursday	10-12.30
	Nowra	6, 13, 20, 27 Feb, 6 March	Thursday	10-12.30

### My Kids and Me - 7 x 2.5 hours weekly / FREE

The jumble of emotions and processes involved when having a child 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.

Term	Location	Dates	Day	Time
Term 1	Wollongong	11, 18, 25 Feb, 4, 11, 18, 25 March	Tuesday	10-12.30
	Campbelltown	11, 18, 25 Feb, 4, 11, 18, 25 March	Tuesday	10-12.30

### Seasons for Growth - Adults - 4 x 2.5 hours fortnightly / \$60

Learn about the personal impacts of change, loss, and grief, in a safe and supportive environment. Improve your wellbeing, learn new coping skills to manage how you are feeling and connect with others

Term	Location	Dates	Day	Time
This program is not currently scheduled for term 1, please contact our intake team to express interest in the next available group or to place your name on the waiting list.				

**NEW**

#### Self Care Session (FREE)

Join a supportive, relaxing environment to explore and discuss the importance of self-care. Spend time discussing areas of self-care, proactive approaches, strategies and achievable ideas, and participate in a self-care activity.

Wollongong	Wed 9th April	10-12
Campbelltown	Tues 8th April	10-12

**NEW**

#### Family Wellbeing (FREE)

Join a relaxed, informative session on how to nurture the wellbeing of your family. The sessions will cover Family Resilience, Family Values, Family Connection, Family Self Care & Family Mindfulness

Wollongong	Thurs 10th April	10-12
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### Contact us

02 4254 9395  
intakeservice@catholiccare.dow.org.au  
www.catholiccare.dow.org.au

**Wollongong** 25-27 Auburn Street Wollongong  
**Campbelltown** 35A Cordeaux Street, Campbelltown  
**Nowra** 55 Worrigeer St, Nowra

Funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

Concessions available \*GST may apply \*\*Schedule subject to change \*\*\*Conditions apply to complete online groups  
Please note some groups may have limited availability.

Scan QR code to access the registration form



# Fit For Work

## A tailored educational program

Fit For Work has been designed in partnership with NSW Police to connect disengaged young people to education and employment opportunities by preparing them with the skills they need to be fit for work. The program also works to reduce antisocial behaviour and crime.

### What does the Fit For Work 10 week course include?

- White Card and First Aid training
- Connected hub online learning with trainer support, customised for learners with additional needs
- Work placements – blended workplace delivery
- Face-to-face delivery
- Small group sessions
- One-on-one tutorial and feedback sessions
- PCYC club-based volunteering
- Local industry and expert guest speakers
- Skills log to record skill development and evidence of knowledge
- Engaging, practical skill-based activities
- Photographic portfolio and resume building
- Industry work experience log
- Social and emotional learning
- Employability skills training
- Functional literacy and numeracy
- Fitness and nutrition
- Personal presentation and interview skills
- Mock interview workshop
- Mentoring and case management
- Membership to PCYC Club
- Graduation ceremony



# Facilitated by: PCYC Youth Worker & PCYC Trainer

## Educational program incorporating essential employability and life skills

Delivered and supported by:

Small group sessions, Skills based activities, Industry expert guest speakers , Simulated and on-site workplace training and Skills log to collect evidence of skill development

## Employability and life skills to be delivered as separate modules:

- Overcoming adversity
- Workplace standards and employee/employer rights and responsibilities
- Resume building and interview skills
- Personal hygiene
- Nutrition – food and mood
- Health and fitness
- Personal money management
- Social intelligence, growth, mindset and resilience
- Critical thinking and goal setting
- Healthy Relationships
- Social media imprint

## Enrolment Criteria

**Participants must meet the following criteria in order to be considered for the program:**

- Have completed Year 10 or are currently not enrolled in school
- Have interest in becoming work ready and gaining employment
- Have an interest in personal development
- Are available to participate in the program 3 days per week for 10 weeks
- Are available to participate in the work experience component of the program for a minimum of one week
- 100% attendance is expected for competency based training
- LLN (Literacy, Language and Numeracy) – ACSF Level 2
- Minimum age 16 years old

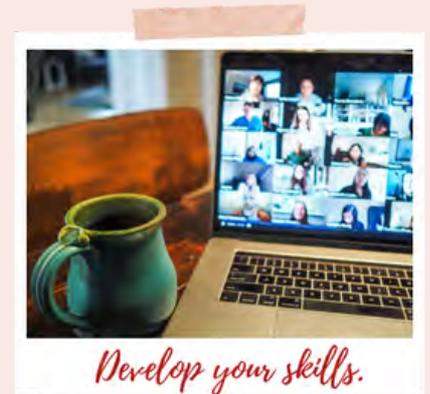
# Career Hub

Your career toolkit and inspiration for finding and keeping work.



Whether you're looking for a job and don't know where to start, or looking to progress in your career, we're here to help.

The Dress for Success Career Hub offers an abundance of career support services that can be accessed by women anywhere in Australia, at any time. The Hub and our services are free of charge to individuals who need our support.



## WHAT'S IN THE HUB



Every month features a full program of job search and personal development workshops, hosted by experts in their field. Participate live online or watch a selection of these in your own time.



Access one-on-one local support for services such as resume assistance and interview practice. Find a directory of fee-free and low-cost training to upskill for your job search, career transition or study goals.



Find job search and career tips and inspiration to help you on your career journey. Explore work possibilities, where to find the jobs and get great tips on how to shine when you're looking for work.

## ACCESS THE HUB & BECOME A MEMBER

Scan the QR code on your mobile or visit: <https://dfscareerhub.org.au>  
Any questions please call: 1800 773 456



# Career Hub

Your career toolkit and inspiration for finding and keeping work.



## WORKSHOP OVERVIEW

Dress for Success offers a holistic range of workshops to help women develop the essential skills and mindset needed for a successful job search and ongoing career.

Our 12-month workshop schedule is designed to cover each of the following categories:

### **Job Search skills**

Dive into your job search with confidence; these workshops cover topics such as Creating a Better Resume, Interview for Success, Discover the Hidden Job Market, Building a LinkedIn Profile and Identifying Your Transferrable Skills.

### **Essential Work skills**

These sessions cover the interpersonal, digital and other skills needed to succeed in the workplace such as Courageous Conversations, Anti-Discrimination and Employment Rights, and Digital Skills.

### **Financial Management**

These workshops help build financial literacy around credit, budgeting and superannuation such as the Women's Financial Toolkit tutorial, and skills for Starting Your Own Business.

### **Well-being**

Take care of your mind, body, spirit with topics such as Building Confidence and Growing Self Esteem, Managing Stress, and Eating for Energy.

### **Special Workshops**

Our incredible Partners like Canva, Chanel and LinkedIn offer one-off workshops on specialist topics - so popular we often add them to our regular schedule!

### **Looking for more support? Try our Career Support Program:**

Tailored one-on-one services include Career Coaching, Mock Interviews, and Resume Review.

## ACCESS THE HUB & BECOME A MEMBER

Scan the QR code on your mobile or visit: <https://dfscareerhub.org.au>  
Any questions please call: 1800 773 456



## TRANSITION TO WORK PROGRAM



**Are you a young person  
aged 15-24?**

**Do you want help to find  
suitable work or study?**

**OCTECs Transition to Work program recently started in your area. We offer free support to young people aged 15-24. We will support you to achieve your goals.**

**Simply call one of our consultants to find out more about the program and how we can support you.**

### About the Program

You will receive intensive, pre-employment support to develop practical skills to get a job.

We will connect you with education or training and with relevant support services.

We will help you job search and refer you to job opportunities in your local area.

We can offer financial support to pay for things like training, interview clothing, work clothing, work tools, driving lessons, fuel and much more.



## Eligibility

### **Group 1 – On income support and referred by Services Australia**

### **Group 2 – Not on income support and self-referred**

If you are aged 15-24 and meet the following criteria you can self-refer to the Transition to Work program and get assistance to find employment or education that suits your goals. Eligibility Criteria (your eligibility will be assessed by OCTEC before you can commence in the program):

- Aged 15-24 *and*
- Australian citizen or holder of a permanent or nominated Visa *and*
- Not receiving an Activity Tested Income Support Payment *and*
- Not already in provider-delivered employment services *and*
- Disengaged from education *and*
- Disengaged from Employment (have not worked an average of 8hrs or more per week for the previous 4 weeks) *or*
- An indigenous Australian

## The Service

You will connect with a Transition to Work Consultant on commencement who will work closely with you throughout your time in the program.

Transition to Work Consultants support you throughout your journey from commencement until you are successful in finding and sustaining suitable employment.

Our Transition to Work Consultants will assess your unique strengths, skills, goals and dreams, as well as any barriers that may be preventing you from achieving your goals.

We will equip you to compete in the local labour market.

## More Information

Contact **OCTEC's Transition to Work Program** to get more information on eligibility and how our consultants can support you to reach your goals.

**OCTEC Transition to Work Contact Person: Lesley Hallett**

**OCTEC Transition to Work Phone: 0411 438 257**



## Who We Are

FSA Health & Wellbeing is an initiative of Family Services Australia - a not-for-profit community organisation committed to breaking the cycle of disadvantage and advocating that all people have the right to participate in the community. We provide a range of support services across the lifespan. We have extensive clinical mental health expertise and an ethos of meeting people "where they're at".

## What We Do



**Family Services** AUSTRALIA  
**Assessments**

### Assessment

At FSA Health & Wellbeing, we understand that assessing cognitive abilities and evaluating various aspects of development is crucial for understanding an individual's strengths, weaknesses, and potential areas of improvement. We are committed to delivering high-quality, neuroaffirming assessments that can inform personalised interventions and support strategies.



**Family Services** AUSTRALIA  
**Psychology**

### Intervention

Our Psychological Intervention service supports individual's across the lifespan with the aim of connecting with people where they are at. Our clinicians proudly take a neuro-affirming and trauma informed approach to therapy and place a strong focus on client-centered intervention. We are committed to supporting varied presentations and tailor interventions support individual need.



**Family Services** AUSTRALIA  
**Group Programs**

### Groups

FSA Health & Wellbeing offer a range of options for group programs and support, based on the varied skillset and training of our team. We are passionate about running groups that are neuro-affirming and cater to the needs of the community. Our groups allows people with similar experiences and goals to come together to achieve a shared outcome.

We are currently taking expressions of interest for our 2025 Term 1 programs.



### Assessments We Offer

#### Cognitive

Explores strengths and challenges relating to thinking, problem solving, and understanding information.

#### Comprehensive

A comprehensive assessment includes any combination of the assessments outlined above. This is dependent on individual circumstances, and fees will be tailored based on which assessments are sought.

#### Autism

Explores the unique strengths and challenges of each individual seeking to explore whether an autistic profile fits an individual's experience of the world.

#### Attention-Deficit/Hyperactivity

Explores the unique differences in how an individual's brain processes and manages information and whether an ADHD profile fits an individual's experience of the world.

#### Intellectual Disability

Explores cognitive, learning and daily living skills to determine functioning across environments. An intellectual disability diagnosis will be given if criteria is met.

#### Learning

Explores whether challenges relating to english, math or writing may be occurring (also known as dyslexia, dyscalculia and dysgraphia), or whether an individual is gifted in their learning.

### Who We Support

Our team is able to support children, adolescents and adults with a range of presentations:

Anxiety



EMDR

Depression

Trauma informed care

Neuroaffirming care



Grief and life transitions

LGBTIQA+ affirming care

Connection and belonging

Supporting parents and carers



Understanding child behaviour

### Current Group Programs

#### Westmead Feelings Program

An emotion-based learning group designed to assist young people with a diagnosis (or suspected diagnosis) of Autism with developing their skills in Social Navigation and Emotion Regulation.

Westmead Feelings Program 1: Suitable for young people aged 5-6 with a diagnosis of Autism OR aged 7-8 with a diagnosis of Autism and mild intellectual disability.

Westmead Feelings Program 2: Suitable for young people aged 7-12 with a diagnosis of Autism and no accompanying intellectual impairment.

#### LEGO® Based Therapy

A neuro-affirming and child led intervention, that takes a play based approach to supporting children to develop their social communication skills.

This group aims to assist young people building social navigation and communication skills and developing their problem solving skills

LEGO based therapy is suitable for young people aged 9-12 years old.

The LEGO® logo, SERIOUS PLAY®, Imaginopedia™, the Minifigure and the Brick and Knob configurations are trademarks of the LEGO® Group, which does not sponsor, authorise, or endorse this therapeutic group.



# HIPPY Early **FREE** Education Program

The HIPPY program is a **FREE** early learning and parenting program for children in the two years before they start school.



HIPPY runs during school terms and supports:

- play based learning
- you as your child's first teacher
- your child's transition to school
- child development, community connection and confidence

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

All learning materials are provided by our educators.

For more information contact our HIPPY Co-ordinator by calling 4275 8575 or email us [coordinatorhippy@barnardos.org.au](mailto:coordinatorhippy@barnardos.org.au)

Express your interest today!

Scan the QR code to find out more



[barnardos.org.au](http://barnardos.org.au)





# LET'S READ

[www.letsread.com.au](http://www.letsread.com.au)

## Are you a community-based professional who has regular interaction with families and young children?

The *Let's Read Community Program* draws on the knowledge, skills, resources and connections of local families, services, and community groups to provide coordinated, locally relevant approaches to emergent literacy development.

This place and strengths-based approach recognises that each child and family have a unique set of strengths and challenges with whom the *Let's Read Community Program* seeks to build a positive partnership to foster children's emergent literacy development.

The *Let's Read Community Program* is delivered by a network of **Partner Services** in a *Let's Read* community. Community Professionals who undertake the *Let's Read* training include community health nurses, teachers, early childhood educators, playgroup coordinators, librarians, social workers, and GPs.

If you work with communities and your work is based in any of the above community settings, we are offering **free face-to-face training** to help you establish the *Let's Read* program in your community and promote reading with children from birth.

The 4-hour training session is participatory and hands-on and will:

- Develop your understanding of emergent literacy and why it's important,
- Give you an opportunity to practise the skills you need to deliver *Let's Read*, and
- Provide you with all the initial resources you will need, including a resource starter kit to share with families.

All Participants receive a certificate after the completion of training.



**Please register your interest by contacting:**

Name  
Email  
Phone

*Let's Read* addresses features of the Early Years Learning Framework and the National Quality Standard.

Project partners:



Affiliated with:



This is an opportunity for those who work with children and young people to participate in a two-day training. Become a Companion in the Children & Young People's Program.

*'Great program!  
I believe it changes people's lives...'  
- Seasons for Growth Companion*

Seasons for Growth is a change and loss education program supporting children and young people following significant life events.

## Program Overview

Seasons for Growth is an evidence-based, early intervention program that strengthens emotional wellbeing of children and young people who are dealing with changes in their life by:

- Exploring the impact of change and loss on every-day life
- Learning new ways to respond to these changes.

There are four levels of the program to support children and young people 6-18 years. 'Companions' train to facilitate the small group (4-7 participants) over 8 sessions.

Engage in the theory and principles underpinning Seasons for Growth, experience the content, and learn strategies for implementation. [Read more.](#)

## Outcomes

**Helps** children and young people experiencing change, loss and grief.

**Builds** participants' understanding and skills and enables them to express their views, thoughts and feelings.

**Strengthens** participants' social and support networks.

**Improves** participants' wellbeing.



## Upcoming Trainings March 2025

**Date:** Wednesday 5<sup>th</sup> & Thursday 6<sup>th</sup> March 2025 (9:00am – 3:30pm (AEDT))

**Date:** Tuesday 11<sup>th</sup> & Wednesday 12<sup>th</sup> March 2025 (12:00pm – 6:30pm (AEDT))

## Upcoming Trainings April 2025

**Date:** Wednesday 2<sup>nd</sup> & Thursday 3<sup>rd</sup> April 2025 (9:00am – 3:30pm (AEDT))

**Date:** Tuesday 8<sup>th</sup> & Wednesday 9<sup>th</sup> April 2025 (9:00am – 3:30pm (AEDT))

**Date:** Tuesday 29<sup>th</sup> & Wednesday 30<sup>th</sup> April 2025 (9:00am – 3:30pm (AEDT))

[Register Here](#)

For more information, please contact our Customer Experience Team on 1300 379 569 or [info.seasons@mackillop.org.au](mailto:info.seasons@mackillop.org.au)



medicare

## Mental Health Centres

# Head to Health Centres are now called Medicare Mental Health Centres

As part of changes to strengthen Medicare and improve access to free mental health services, the Australian Government is enhancing and rebranding its national network of Head to Health adult mental health centres.

Head to Health adult mental health centres are being renamed Medicare Mental Health Centres.

Medicare Mental Health Centres will still provide a welcoming place where everyone can access free and confidential mental health information, services and supports.

The name change to Medicare Mental Health Centres will make these services consistent with other trusted clinical services funded by the Australian Government.

The name change will not affect services at your Medicare Mental Health Centre. Services remain free, open extended hours, and you can still access support without needing a referral, an appointment or a Medicare card.

Over the coming months, you will notice new signage and the look of communication materials will change to show the new name.

Medicare Mental Health Centres will soon also provide enhanced services, including free access to a psychologist and psychiatrist either in person or via telehealth.

More Medicare Mental Health Centres will open over time, giving more communities access to free, walk-in mental health support.

### Medicare Mental Health Centres are here to help

Whether you have experienced mental health challenges in the past or this is your first time reaching out for support, everyone is welcome.

Medicare Mental Health Centres offer:

- immediate help and follow-up for people who are in distress;
- support for people with mental health concerns;
- support for carers and families of people experiencing mental health distress;
- help connecting people with other services to support them in the future, from health to mental health, and social supports like housing and employment.

Centres are staffed by trained mental health professionals and people with lived experience of mental ill health. These centres provide the free support you need, now and into the future.

For more information visit [health.gov.au/medicare-mental-health](https://health.gov.au/medicare-mental-health) or call 1800 595 212, 8:30am to 5pm weekdays.

In an emergency, always call triple zero (000) or go straight to your closest emergency department.



Australian Government

Department of Health and Aged Care

# Noah's Inclusion Services - Term 1 2025 Groups Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Young Yarns Playgroup 9.30am-11.30am Albion Park Rail Public School Playgroup for Aboriginal children 0-5 years	PlayConnect Playgroup 9.30am-11am Noah's Batemans Bay Playgroup for children 0-5 years with Autism or development concerns	PlayConnect Playgroup 10am-11.30am Noah's Sanctuary Point Playgroup for children 0-5 years with Autism or development concerns	Burri Burri Playgroup 9.30am-11am Gerringong Public School Playgroup for Aboriginal children 0-5 years	Little Steps Playgroup 9.30am-11am Noah's Sanctuary Point Playgroup for children 0-5 years who don't attend other care
Bilima Booris Playgroup 9.30am-11.30am Noah's Sanctuary Point Playgroup for Aboriginal children 0-5 years	My Time 10am-12pm Noah's Sanctuary Point Peer support group for parents/carers of children with additional needs (not held every week)	Jump Together 9.30am-11am Noah's Nowra Early Intervention program for children with an NDIS Plan with parent and carer training	Gubidja Wurrangalali Gooyong Playgroup 9.30am-11.30am Noah's Nowra Playgroup for Aboriginal children 0-5 years in conjunction with Waminda	Other Noah's Programs (contact us for availability):  Be My Best Behaviour Support Family Support and Training Parent Connect The Parent Room SWAY Program PEERS Program Secret Agent Society SOS Feeding Program Circle of Security  NDIS Services by appointment (contact us for availability)  Plan Management Key Worker (0-7 years) Speech Pathology Occupational Therapy Social Work Psychology Behaviour Support
Bugunyal Bagan Playgroup 9.30am-11.30am Noah's Ulladulla Playgroup for Aboriginal children 0-5 years	My Time 11am-12pm Noah's Batemans Bay Peer Support Group for parents/carers of children with additional needs	PALS Playgroup 9.30am-11am Noah's Ulladulla Supported playgroup for children 0-6 years	Little Steps Playgroup 9.30am-11am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care	
PlayConnect Playgroup 9.30am-11am Noah's Nowra Playgroup for children 0-5 years with Autism or development concerns	Little Steps Playgroup 9am-10.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care	Build & Connect 3pm-4.30pm Noah's Sanctuary Point Lego-based play and social skills group for children 8-13 years with an NDIS Plan (From Week 6)	My Time 10am-11.30am Noah's Nowra Peer support group for parents/carers of children with additional needs (not held every week)	
Jump In Early Intervention Group 9.30am-11am Noah's Batemans Bay Early intervention group for children 3-6 years	My Time 10am-12pm Noah's Ulladulla Peer support group for parents/carers of children with additional needs (not held every week)		Teen Girl Group 3pm-4.30pm Noah's Sanctuary Point Creative social skills group for girls in school years 6, 7 & 8 with an NDIS Plan (From Week 6)	
	Language for Learning 11am-12.30pm Noah's Nowra Early literacy skills building for preschool age children with an NDIS Plan			
	Creative Connections 3pm-4.30pm Noah's Sanctuary Point Play-based social skills group for children 7-10 years with an NDIS Plan (From Week 6)			
	Build & Connect 4pm-5pm Noah's Batemans Bay Lego-based play and social skills group for children 8-13 years with an NDIS Plan			
	Connection to our Backyard 3.30pm-5pm Noah's Nowra Play and language group for school age children with an NDIS Plan			

For more information or to book into any of these programs, please phone (02) 4423 5022.

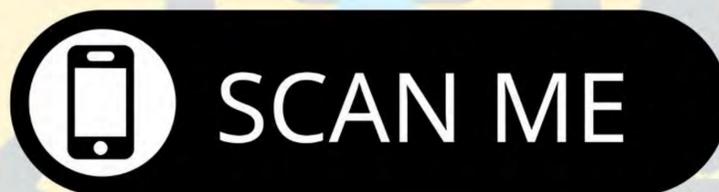
To learn more about Noah's Inclusion Services, visit [noahs.org.au](http://noahs.org.au) or follow us on Facebook or Instagram for updates about current program opportunities.





# Play Connects Us All

Discover playgrounds, find free events for kids, or add your own with our new **"Events"** feature and see what's happening near you!



[www.playillawarra.com.au](http://www.playillawarra.com.au)

Healthy Cities. Healthy People.



[Caddyshack Project](#) is your local sexual health promotion team promoting a positive approach to sex, sexuality and healthy relationships for young people across the Illawarra and Shoalhaven.

[On The Couch](#) is a podcast series where guests discuss and explore current social themes and sex positive topics. We have [two](#) online episode recordings addressing sex, society and young people this term.

[Young People's Digital Cultures & Sexual Health with Professor Kath Albury](#) - Wed 19<sup>th</sup> Feb 10am  
[Society, Social Scripts & the Study of Sex with Jennifer Power](#) - Wed 19<sup>th</sup> March 10am

**ON THE COUCH** FEB 19  
UNCOVERING SEXUAL WELLNESS  
CONVERSATIONS THAT MATTER

with **Kath ALBURY**

10:00 AM – 11:00 AM

Join us as we host Professor Kath Albury, an Australian Research Council (ARC) Future Fellow and Associate Investigator in the Swinburne Node for ARC Centre of Excellence for Automated Decision-Making and Society (ADMS). She co-leads the Signature Project 'Critical Capabilities for Inclusive AI' at ADMS.

VIEW EVENT --

**ON THE COUCH** MAR 19  
UNCOVERING SEXUAL WELLNESS  
CONVERSATIONS THAT MATTER

with **Jennifer POWER**

10:00 AM – 11:00 AM

Join us as we host Jennifer Power, a Principal Fellow at the Australian Research Centre in Sex, Health and Society at La Trobe University.

VIEW EVENT --

[Register](#) and get your free ticket to be part of the live online podcast audience.

Not able to attend on the day? Register anyway to get notified when the episode recording is released online. Jump on our [YouTube channel](#) or wherever you listen to your [podcasts](#) to watch or listen to previous On The Couch episodes.

Check out the [On The Couch line up](#) for 2025.

[Subscribe](#) to our **monthly email** to keep up to date with our [blog](#), [e-newsletter](#), featured book from [What We're Reading](#), plus our [free resource shop](#) including **lesson plans** and PowerPoint presentations.

**Email us:** [ISLHD-CaddyshackProject@health.nsw.gov.au](mailto:ISLHD-CaddyshackProject@health.nsw.gov.au)

**Follow us:** [Instagram](#)

[www.caddyshackproject.com](http://www.caddyshackproject.com)

**caddyshack**  
share affection, not infection

# Seasons for Life



## Change, Loss and Grief – Staff Professional Learning Session

The Seasons for Life Staff Professional Learning Session is essential for schools looking for a consistent approach to support students affected by change, loss and grief.

This free-of-charge, 90-minute professional development session is run by Seasons for Life State Coordinators at a time that works for your school and your staff. Prior to the session, Coordinators will consult with you about your school community and then travel to your school to deliver this face to face session.

The session provides an invaluable tool for staff who may be at a loss about how to support students in difficult circumstances. No prior knowledge is required to attend, so all staff can benefit, and support each other in the process.

### Key benefits

- Empowers staff to recognise how students may be impacted by change and loss
- Explains what helps and what doesn't
- Improves grief literacy of all staff
- Upskilling – supports staff to feel more comfortable and confident with sensitive conversations
- Explores what staff can do to look after themselves in difficult situations, with an emphasis on self-care
- Certificate of participation to record personal development (upon request).

### Seasons for Life: Five components, one wraparound initiative

Schools can choose to benefit from one, more, or all five components.



### Find out more

If you would like to find out more about the program and how your school can benefit, please contact your Seasons for Life State Coordinator:

#### Seasons for Life

#### Contact your Coordinator

SA/QLD	<a href="mailto:heidi.yelland@mackillop.org.au">heidi.yelland@mackillop.org.au</a>	0474 566 402
NSW/ACT	<a href="mailto:reanae.pettit@mackillop.org.au">reanae.pettit@mackillop.org.au</a>	0455 623 631
VIC/TAS	<a href="mailto:hannah.jamieson@mackillop.org.au">hannah.jamieson@mackillop.org.au</a>	0438 967 072
WA/NT	<a href="mailto:klara.jaeger@mackillop.org.au">klara.jaeger@mackillop.org.au</a>	0407 386 958

## Shoalhaven Neighbourhood Services Inc.

41 Worrigee Street, Nowra NSW 2541 (NNC)

Unit 2/80 Park Road, East Nowra NSW 2541 (ENNC)

P: 02 4421 5077 | [info@sns.org.au](mailto:info@sns.org.au) | [www.sns.org.au](http://www.sns.org.au)

### Monkey Monday's Playgroup - NNC

A weekly playgroup supporting children, families and carers.  
Come and play, create, read stories and meet new people.

During school terms. Mondays 9:30 AM to 11:00 AM - FREE



### Reading with Bub - ENNC

Welcoming parents, carers and children 0-5 years to join us for story time. One hour each week to read stories, sing songs and meet new people.

During school terms. Tuesdays 9:00 AM to 10:00 AM - FREE



### Me & My Grandparents - ENNC

A weekly program designed to build close relationships between grandparents and their grandchildren 0-5 years.

During school terms. Tuesdays 1:30 PM to 2:30 PM - FREE

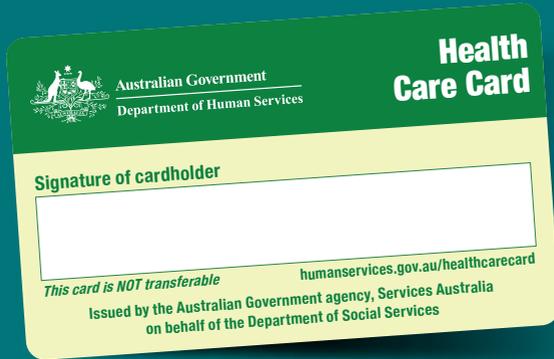


### Cuppa & Chats Women's Group - ENNC

Join us each week to have a cup of tea or coffee and meet new people.

During school terms. Wednesdays 10:30 AM to 12:30 PM - FREE





# Do you have a health care card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

  
saverplus

1300 610 355

saverplus.org.au



NSW TSE BTS 25

# 7 WAYS TO BUILD STUDENT WELLBEING THROUGH PEER-TO-PEER CONNECTIONS



**Support your students' mental health by creating opportunities for connection and a positive school culture, using a student-led approach.**

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. By focusing on building relationships, developing leadership skills, and fostering resilience, the program empowers students to manage life's challenges with confidence and optimism.

For more information, contact us at:

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



## DOWNLOAD OUR FREE RESOURCES

We offer free e-books to support your work in boosting whole-of-school wellbeing. Click the links to download your copy today:

[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

Spots fill quickly! The details of our upcoming one-day workshops are:

- Tuesday 11 February in Sydney (CBD)
- Wednesday 5 March in Wollongong
- Thursday 27 March in Sydney (CBD)
- Wednesday 28 May in Sydney (CBD)
- Tuesday 3 June in Newcastle

We also offer 2-hour online workshops. Click below to view more details:

[RESERVE YOUR WORKSHOP SPOT NOW](#)

# Learning for Life: open for enrolments in Shellharbour and Albion Park

We work with families to support their children's attendance and engagement in education from Kindergarten to year 12. We do this in partnership with schools across the Illawarra.

Learning for Life offers parents and carers;

- **Dedicated support** from a Family Partnership Coordinator
- Twice yearly **scholarship payments** for school-related expenses
- Access to **educational programs** focused on learning, transitions and career pathways.

Principals, teachers and wellbeing support teams from the schools listed below are invited to refer parents or carers who would benefit from this additional support.

## Who can join?

Parents/carers are eligible to sign up for Learning for Life if they:

- Have a child/children (K-6) attending a partner school, and
- Are a Health Care or Pension Card holder

Partner schools can refer families for the program by sharing the link or QR code below:



[www.thesmithfamily.com.au/campaigns/learning-for-life-expression-of-interest](http://www.thesmithfamily.com.au/campaigns/learning-for-life-expression-of-interest)

## The Smith Family is actively accepting referrals from the following partner schools:

- Albion Park Rail Public School
- Albion Park Public School
- Mt Terry Public School
- Oak Flats Public School
- Barrack Heights Public School
- Mt Warrigal Public School
- Warilla North Public school
- Warilla Public School
- Bomaderry Public School
- Nowra Public School
- Nowra East Public School

*The Smith Family Acknowledges the Wadi Wadi people of the Five Islands Dreaming, the Dharawal people and the people of the Yuin nation, Traditional Owners of the Land on which we work and live.*

**thesmithfamily.com.au**



# Cooinda Playgroups

Make Way For Play

**Free playgroups and morning tea for Aboriginal and Torres Strait Islander children aged 0 to 5 years, and their families/carers.**

**10am to 12pm during school terms.**

**Yarn, play and share culture with your kids.**

**Thursday**

Koonawarra Public School  
Byamee St, Koonawarra



Please come along and join us or call for more information 4275 8575 or 0477 808 026.

Limited transport support for this playgroup may be available.

[barnardos.org.au](http://barnardos.org.au)



# Dapto Play Ranger

## Make Way For Play



**Free, fun play sessions in local parks for children aged 0 to 5 years and their families.**

Safe outdoor play where you can meet your neighbours and obtain information about local family services and support from our qualified Play Rangers.



**Every Tuesday during school term**

Alternating at Lakeside Reserve or  
Dimond Brothers Reserve

**For more information, please call  
Barnardos Children's Family Centre South Coast  
on 4275 8575 or 0477 808 026**



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# Unanderra Play Ranger

Make Way For Play

**Free fun weekly play sessions  
for children aged 0 to 5 years and  
their families/carers. 10am to 12pm  
during school terms.**

**Play sessions include, fun play  
and learning activities, and parenting  
and community information.**

Our playgroups are currently located at  
**Charcoal Park Factory Road, Unanderra**  
**From 10am-12pm**

Monday - during school term



Please come along and join us or call for more  
information 4275 8575 or 0477 808 026.

[barnardos.org.au](http://barnardos.org.au)



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Australia**



# Kids Time Playgroups

Make Way For Play

**Free fun weekly play sessions for children aged 0 to 5 years and their families/carers. 10am to 12pm during school terms.**

**Play sessions include morning tea, fun play and learning activities, and parenting and community information.**

**Tuesday** Barnardos Children's Family Centre  
13 Greene Street, Warrawong

**Wednesday** Berkeley Neighbourhood Centre  
Winnima Way, Berkeley

Bundaleer Community Centre  
Northcliffe Drive, Warrawong

**Thursday** Koonawarra Public School  
Byamee St, Koonawarra



Please come along and join us or call for more information 4275 8575 or 0477 808 026.

[barnardos.org.au](http://barnardos.org.au)



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