

Family Support

Family support focuses on family wellbeing, parenting, relationship skills and early childhood development. Family support workers are skilled professionals who deliver practical and emotional guidance, mediation services and educational programs to families in need of support.



FAMILY SUPPORT SERVICES AVAILABLE TO RESIDENTS IN OUR LGA

Catholic Care – Naremburn Family Centre	(02) 8425 8700 40 Merrenburn Ave, Narremburn NSW 2065	www.catholiccareddb.org.au	Family support services that directly address family wellbeing, parenting, relationships skills and early childhood development.
Family Connect and Support	1800 066 757	www.familyconnectsupport.dcj.nsw.gov.au/	Provides support services and community resources for families and young people, including parenting challenges, family breakdown, housing issues and mental health.
Gidget House	(02) 9460 1550	www.gidgetfoundation.org.au	Provides free psychological counselling for new parents who are experiencing anxiety, depression or emotional distress.

HELPFUL RESOURCES

Relationships Australia	1300 364 277	www.relationships.org.au	Offers counselling, education programs and mediation services for individuals, families and communities.
Playgroup NSW	1800 171 882	www.playgroupnsw.org.au	Find a local playgroup – an informal group where parents and caregivers, children and babies meet up in a relaxed and friendly environment.
Raising Children Network		www.raisingchildren.net.au	Reliable information and up-to-date parenting resources, including information on how to help children cope with COVID-19 and multilingual information.
Brighter Futures		www.facs.nsw.gov.au/brighter-futures	Helps families who are expecting a baby or have children under the age of 9 and are struggling with domestic and family violence, mental health issues, alcohol and drug use, and learning difficulties.
Fathering Across Cultures	(02) 6162 0361	www.fatheringacrosscultures.org.au	A guide for engaging new and expectant fathers from migrant and refugee backgrounds.
Aruma	1300 538 746 National Relay Service 133 677	www.aruma.com.au	Aruma, formerly House with No Steps and The Tipping Foundation, offers disability services across NSW, QLD, VIC, and the ACT.