



happy children caring families strong community

The Family Centre is a community based not-for-profit organisation established in 1988 providing services in the Tweed Shire.

The Family Centre provides a range of family support and relationship education services to children, young people and families that strengthen relationships and support families

The Family Centre works with clients on:

- an awareness and understanding of themselves and their relationships
- the ability to make informed choices and decisions
- caring and respectful relationships
- family wellbeing
- supportive connections within the community

Pamphlets and course programs are available at The Family Centre stall, and you can talk with FC staff about services.

Our services:

Family Support Service provides support, information and education to vulnerable families. The primary focus of Family Support is to strengthen family relationships and increase the safety and wellbeing of children.

Volunteer Home Visiting Service is a universal support service for families with children under the age of three. Trained volunteers provide practical in-home support to families and assist them to identify and enhance their parenting strengths.

Family Centre Playgroup Program provides 4 supported playgroups per week in the Tweed Shire. Playgroups provide opportunities for parents and children to play, interact and develop social skills. While parents meet and exchange ideas about child rearing and develop supportive relationships.

Community Worker (Parenting) Program facilitates a coordinated response to meet the needs of first time and vulnerable families on the Tweed Coast. This involves linking services and resources, to further strengthen community supports for parents.

Men & Family Relationships Program provides information, referral and support to men. It also provides a range of group education programs designed around the specific needs of men and their families in our community.

Family Relationship Education Program provides a range of skill development based education programs aimed at enhancing family relationships.

REALskills works with students, teachers and parents to improve relationship skills within school communities and improve links between school communities and health and community services providers.

ATSI Youth Support & Activities Worker provides information, referral, and support to ATSI young people and their families and a range of life and relationship skills programs in Tweed shire schools and the community. Also, assists in the organisation of ATSI cultural and sporting events.

Youth Programs Worker provides a range life and relationship skills programs in Tweed Shire schools and the community designed around the specific needs of young people. Information, referral and support is provided to individual young people.

Courses:

The Family Centre runs a range of courses.

Relationship Education

Anger: making it work for you *1-day workshop for men and women*

Anger and parenting: being the parent you want to be *1-day workshop for men and women*

Communication Skills for Healthy Relationships *4 week evening course for men and women*

Healthier Relationships: Communication workshop *1-day workshop for men and women*

Healthier Relationships: Negotiation *1-day workshop for men and women*

Being Me! Relationships & Communication *8 week course for 11-13 yr olds*

Understanding Domestic & Family Violence *6 week course for women run in partnership with TSWS*

MenAware: Invitations to Respect & Responsibility *8 session program for men who use controlling, abusive and violent behaviour*

Pathways to Change *8 week course for men*

Say What You Mean, Mean What You Say *8 week course for women*

Self Esteem for Women *8 week course for women*

Parenting

P5 Parenting *6 week course for parents of under 12s*

123 Magic *3 week course for parents*

ParentSpace: birth to 3years *fortnightly sessions for parents of 0-3 year olds*

Survival Skills for Families *6 week course for families - parents, carers and their children under 18*

The Hurt Child – responding & connecting *1 day workshop for parents, carers*

Creating Change (life after DV) *6 week course women who are parents and their children*

Engaging Adolescents *3 week course for parents of 12-16 year olds*

And...

Self Care for Parents *1 day workshop*

Parents and Prams Walking Group *4 session program for parents with bubs Tweed Coast*

Healing through Loss for adults *2 day workshop*

Healing through Loss for children and young people *4 week course*