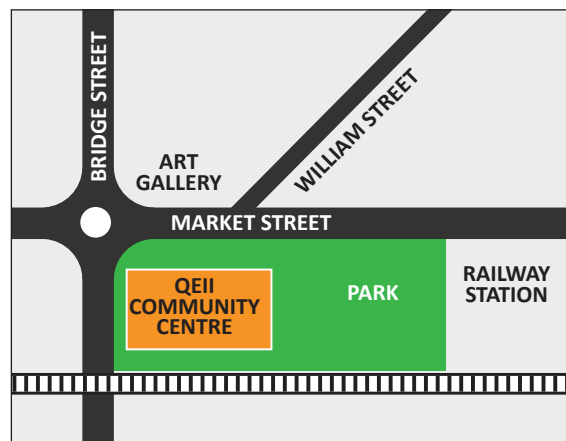




The Aboriginal Family Worker offer assistance to individuals and families living in Muswellbrook, Singleton, Scone, Aberdeen, Denman, Murrurundi, Merriwa and surrounding districts in the Upper Hunter.

This free service can be used by *any* family member.



Don't miss out on other free community events through Upper Hunter Community Services

Follow us on Facebook or check out our website for the latest details.

www.uhcs.org.au
www.facebook.com/UHCSInc

QEII Community Centre
Cnr Bridge & Market St, Muswellbrook
(wheelchair friendly)

Phone: **02 6542 3555**

Fax: 6543 1643

Postal address
PO Box 231, Muswellbrook, NSW 2333

QEII hours
Mon, Tue, Thurs 9.00am-4.00pm
Wed 10.00am-4.00pm
Fri 9.00am-2.00pm

The Aboriginal Family Worker respects client privacy and confidentiality at all times.



Aboriginal Family Worker

Assisting new parents and families with children ages 0-8 years in a culturally appropriate way to enhance parent's skills to improve educational, social and health outcomes for their children.



UPPER HUNTER
COMMUNITY SERVICES Inc.

An incorporated association auspicing community projects throughout the Upper Hunter.



Aboriginal Family Support

Parenting Strategies

Gain new ideas and skills for effective parenting through group activities, books and leaflets. Phone us to find out what options are best suited to your individual situation.

Someone to talk to

When you need guidance, encouragement and strategies. This personal support service will help you to make decisions and take action that is best for you and your family. This service will help you:

- Read, understand and fill out forms and paperwork
- Access other services on a needs bases. E.g counselling, emergency relief, crisis accommodation etc

Support during legal action

We will attend court with you and help you and your family with legal aid applications.

Advocacy service for basic life requirements

If you are having difficulties dealing with real estate agents, solicitors, schools, Department of Housing, utility and telecommunications suppliers, DoCS or Centrelink call us to request advocacy. We can speak to organisations on your behalf to find a resolution.

Financial information

We can assist with referrals to financial counsellor.

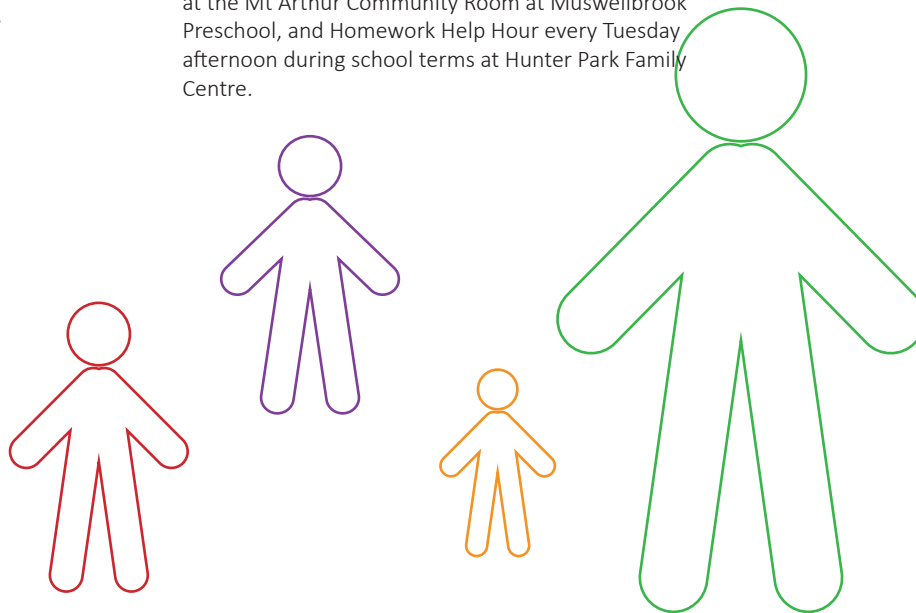
Group Work

Group work is available to help you and your family with living skills and strategies to improve self esteem, parenting, nutrition, stress management and conflict resolution.

Outreach service

Meet with the Aboriginal Family Worker every Tuesday at Hunter Park Family Centre for all other areas appointments necessary.

The Aboriginal Family Worker also attends Muswellbrook Play 2 Learn Playgroup which is held every Wednesday at the Mt Arthur Community Room at Muswellbrook Preschool, and Homework Help Hour every Tuesday afternoon during school terms at Hunter Park Family Centre.



Aboriginal Family Support is a FREE service for clients.

The Aboriginal Family Worker position is a Families NSW program funded by Community Services NSW and aspiced by Upper Hunter Community Services Inc.

Phone 6542 3555 for details.

Find us online

www.uhcs.org.au
www.facebook.com/UHCSInc

**Located in the QEII Community Centre
Cnr Bridge & Market St, Muswellbrook**

Mon, Tue, Thurs 9.00am-4.00pm
Wed 10.00am-4.00pm
Fri 9.00am-2.00pm