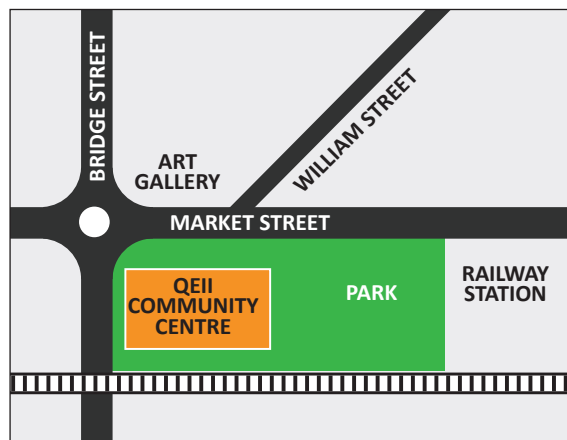




Family Support provides a range of support to families with dependant children in their care aged 0 to 12 years.

This service offers advice and referral, and short term case management to families living in Muswellbrook, Scone, Aberdeen, Denman, Murrurundi, Merriwa and surrounding districts in the Upper Hunter.



### 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](http://www.uhcs.org.au)  
[www.facebook.com/UHCSInc](https://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

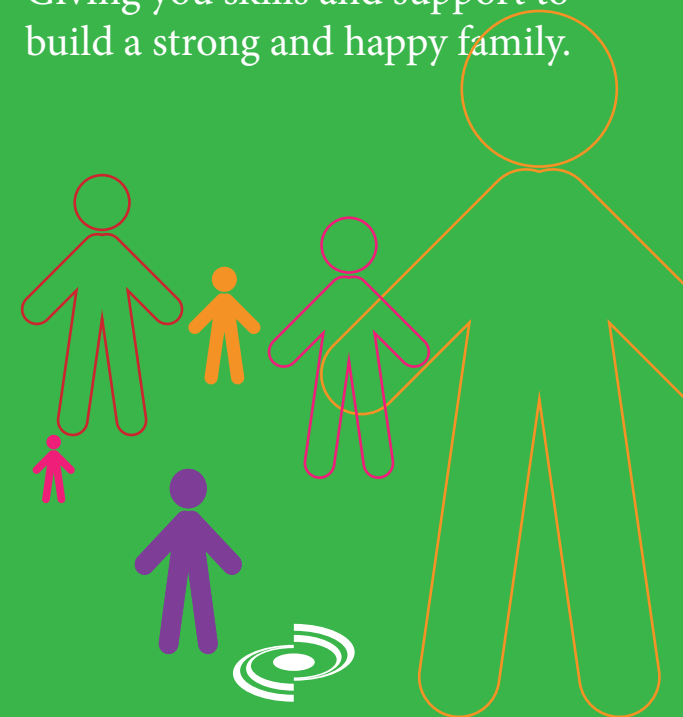
**QEII hours**  
Mon, Tue, Thurs 9.00am-4.00pm  
Wed 10.00am-4.00pm  
Fri 9.00am-2.00pm

Upper Hunter Family Support Service respects client privacy and confidentiality at all times.



## Upper Hunter Family Support Service

Giving you skills and support to build a strong and happy family.



UPPER HUNTER  
COMMUNITY SERVICES Inc.

An incorporated association auspicing community projects throughout the Upper Hunter.



## Individual parenting support

Gain new ideas and skills for effective parenting with one-on-one sessions to provide you with relevant support and resources. Phone us to find out what options are best suited to your individual situation.

## Someone to talk to

When you need a safe and friendly environment to talk through difficult times we listen and provide guidance, encouragement and strategies. This support will help you to make decisions and take action that is best for you and your family. Book an appointment with us to discuss issues relating to:

- Domestic or family violence
- Grief, loss or change
- Feeling isolated
- Financial information
- Lack of support
- Referrals to specialist services

## 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, Housing NSW, Compass Housing, utility and telecommunications suppliers, Community Services or Centrelink call us to request advocacy. We can speak to organisations on your behalf to find a resolution.

## Counselling

Our Generalist Counsellor works with young people and adults experiencing a wide range of issues such as depression, anxiety, addiction, substance use, grief and loss, family conflict, trauma, relationship breakdown, self esteem, stress and work/family issues.

## Parenting Programs/Support Groups

Family Support Groups focus on providing specific skills and support in a group environment.

Existing clients and community members in the Upper Hunter are all welcome to attend these free courses or programmes.

Phone us to find out programme dates.

### Triple P (Positive Parenting Programme)

An evidence based parenting programme with over 30 years clinical research the Triple P Positive Parenting programme teaches skills to encourage a stable, supportive and harmonious family. Designed for parents of 3-8 year olds.

This is an 8 week course, with each weekly session lasting 2 hours.

### 123 Magic & Emotion Coaching

A free half day workshop to help parents and caregivers manage difficult behaviour in children 2-12 years.

Childcare and a light lunch is provided.

### Engaging Adolescents

A free half day workshop to help parents and caregivers develop greater confidence in parenting their adolescents.

Childcare and a light lunch is provided.

### Circle of Security

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

This is an 8 week course, with each weekly session lasting 2 hours.

## Little Steps

Little Steps is a fun and rewarding 8 week group activity for mums up to 24 years and their bubs.

Just like Mum's Circle each week will focus on developing life skills and confidence. Each week will focus on a new activity including developing your resume, starting a budget, take part in craft and exercise activities, gaining information of further education opportunities and includes a pamper session. The programme also includes a free check up for mum and bub. This is a free weekly session that lasts two hours. Childcare and afternoon tea is provided.

## Mum's Circle

A practical social group for mums. Each Mum's Circle programme runs for 6-8 weeks and in a fun and rewarding group environment you can develop your resume, start a budget, take part in craft and exercise activities, gain information of further education opportunities and build other life skills and confidence building activities. This is a free weekly session that lasts two hours. Childcare and afternoon tea is provided.



Upper Hunter Family Support  
is a FREE service.

Funded by Family and Community Services and  
auspiced by Upper Hunter Community Services Inc.

Phone 6542 3555 for details.

### Find us online

[www.uhcs.org.au](http://www.uhcs.org.au)  
[www.facebook.com/UHCSInc](https://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

