

Family Support Program



UCWB Child, Family and Specialist Services offer a range of free services and supports to promote the health and well-being of children (0-18) and their families.

UCWB

breaking barriers, building lives
 **United Care**
Wesley Bowden

The Family Support Program

Funded by the State Government of South Australia, Department of Communities and Social Inclusion.

The Family Support Program is a free service that assists families with children aged 0-18 years of age.

AIMS

The Program aims to:

- Strengthen parenting knowledge, skills and resiliency
- Strengthen family relationships
- Increase resiliency and coping skills of children and young people
- Assist families to support their child

WHAT ISSUES CAN WE HELP WITH?

We can help with a wide range of issues including:

- Parent/child relationship concerns
- Parenting concerns
- Life transition issues, including school transitions
- Difficulties with social skills and friendships
- Low self esteem
- Behavioural concerns
- Trauma
- Family relationship problems
- Family stress, for example, financial difficulties, unemployment
- Social isolation

WHAT SERVICES ARE AVAILABLE?

- **Short term support** including:
 - › assessment
 - › information and resources
 - › brief interventions
 - › referral to other community programs and services.
- **Intensive support** including:
 - › intensive case management
 - › family interventions and support
 - › linking with other relevant services
 - › practical assistance at home.
- **Group programs for children and parents/carers.**

Programs for children will focus on developing social skills and increasing resiliency. Programs for parents and carers will focus on the provision of information to support their parenting role.

CHILD CENTRED AND FAMILY FOCUSED PRACTICE

'Parents have the strongest influence on the social and emotional wellbeing of children.'

Services and supports will build on child and family strengths. The needs and wellbeing of the child and the involvement of the parents/carers will be central to the planning of interventions and supports.

WHERE DO WE PROVIDE SERVICES?

The Program will be working closely with Children's Centres, pre-schools, schools and other services. We are also able to provide in-home support to children, young people and their families where this is required.

WHICH AREAS DO WE PROVIDE SERVICES TO?

Charles Sturt – North East council area including the suburbs of Athol Park, Pennington, Woodville North, Woodville, Cheltenham, Woodville Park, Kilkenny and Seaton; Port Adelaide Enfield council area including the suburbs of Kilburn, Blair Athol, Enfield, Clearview, Gepps Cross, Dry Creek, Sefton Park, Broadview and Gilles Plains.

HOW DO YOU CONTACT US?

For further information or to make a referral contact the **Family Support Program** on **8245 7100** or email: **cfss@ucwb.org.au**

You can also come into the UCWB office at 77 Gibson Street, Bowden.

UCWB



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