

Our Family Promotions Unit



"Families are like fudge - mostly sweet with a few nuts". ~Author Unknown

In the Family Promotions Unit we run a huge variety of programs – so you can choose whether you'd like to attend a free community seminar – this means you can sit up the back and listen quietly if that suits you or join in discussions, or perhaps come along to a weekly support group where you can get to know others in a similar situation and learn about some practical strategies. You may also prefer to sit one on one with someone and discuss the details of your particular challenges, especially if it's about parenting – we offer individual sessions too.

All our services are offered at very low cost – free seminars, groups usually at around \$10 per week and \$35 for an hour for a one on one session. All these services are FREE to those with Health Care Cards. We have some free Childcare available, but bookings essential.

Families celebrate the milestones



Our staff:

Manager of the Unit and Deputy CEO: Helen Rimington

Helen has a background in education and training, families and mental health. Helen oversees the team and presents a variety of parenting seminars. She facilitates professional development seminars for other organisations and has a special interest in ensuring fathers are encouraged to stay involved post separation through the enhancement of their parenting skills.

Co ordinator of Group Work: Kristan Braun

Kristan is a Psychologist with many years experience in counselling people with mental health issues and those just going through a rough time. Kristan runs some of the groups and organises the content and calendar of events. She ensures that over 800 people a year have access to our free seminars and low cost groups.

Parent Support and family Therapist: Michele Hughes

Michele is also a member of the clinical team but works with us providing special Parent Support Sessions for those wanting to discuss particular challenges they are experiencing with their children. Michele has years of experience with all types of families and is much sought after by parents dealing with adolescents.

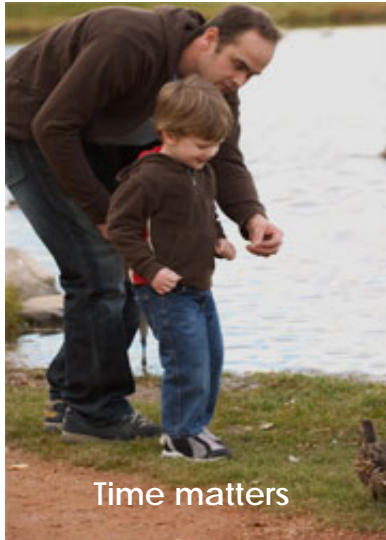
Parent Educator and Support Worker: Kate Galea

Kate runs the Hands On Parenting Education program (HOPE) which teaches people the practical every day skills in looking after children including things like changing nappies, managing tantrums etc. Kate has many years experience in senior positions in the child care sector and a particular interest in child development and challenges like behaviour problems and positive parenting. Her qualifications are in the areas of Children's Services, Advanced First Aid and Pre and Post Natal studies. She is currently continuing her training in the areas of working with men and developmental issues such as Autism

Creative Arts Project Worker: Jo runs a number of creative arts and crafts groups for people from many walks of life. Jo has a degree in Fine Arts and has run her own successful business for many years. A terrific new group to be aware of is a sewing group for women who have experienced domestic violence and are now no longer in crisis but would like to have a little time out whilst developing some new creative skills. Call her for more details.

Admin Support Worker: Georgie Foster

Georgie is studying Social Science at University and works holding us all together, taking bookings for groups and seminars and generally ensuring everyone can handle their work. Call Georgie if you have queries about what is running and when, or want to request a new group.



The aim of all of our programs is to help people build on their current strengths and develop new skills in order to build positive, stable relationships with their partner and family.

Workers in the Family Unit provide evidence based relationship and parenting programs, teaching people the philosophies and approaches which underlie healthy resilient families. They steer them towards quality resources, link them in with their communities and assist them individually to apply the new skills and knowledge in their home setting.

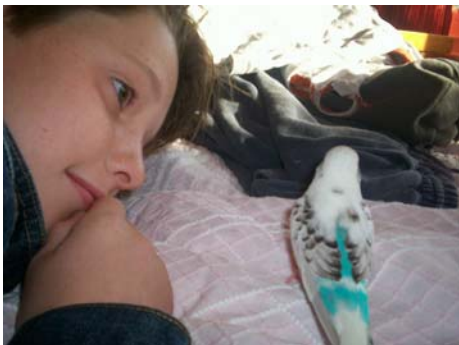
Our Range of Programs:

- Free Community Seminars – where people from diverse families can engage with up to date, international and Australian research findings, blended with practical relationship and parenting tips and a good dose of humour. These seminars are often the gateway for people to have a taste of our service and then engage in deeper work to strengthen relationships and families.
- Group Programs for Education and Support – where clients can take part in support and education groups from 3-12 weeks in length. These groups include elements of adult education, group problem solving, individual homework tasks, discussion and stimulating activities. All groups are run with the philosophy that people need to be heard and are encouraged to find a better way of building relationships rather than being judged or told that they need to change.

Therapeutic Group Programs – where people can attend 4 to 6 week groups run by our counsellors such as *Working on our Relationship* (for couples) and *Coping Skills for Tough Times* (for individuals)

- One on one Parent Support Sessions – where clients can come alone or with their partner to discuss the developmental stage and behaviour of their child(ren) and work collaboratively on a plan of action. Most clients need acknowledgement of their commitment and parenting strengths, some information on development and encouragement to follow through on the course of action they choose.
- Hands On Parenting Education program (HOPE) – where clients who have not had opportunities to pick up basic practical skills such as bathing and feeding babies, managing toddler toilet training etc have a chance to work one on one with our Parent Support Worker. These clients are often separated men who want to build up their skills before having contact or overnight visits with their child(ren) and young or nervous mothers who just need a little more nurturing to get them started.

Teach kids how to care



Our Approach

We start with the fundamental belief that all families and parents want the best for each other and their children...And that everyone does the best they can with what they have.

What we believe:

- That all relationships have their ups and downs
- That families come in all shapes and sizes
- That family life is not like it's depicted on TV or in magazines
- That parents usually do the very best they can with what they know and the skills they have!
- That's no one's perfect

- That kids don't need expensive toys and brand name clothes – they need love, safety, boundaries and attention to thrive
- That we all make mistakes in relationships and throughout life
- That families go through tough times and come out the other side
- That change is part of life and we all need help sometimes
- That we learn from and are inspired by the people who come to us for help everyday, it's not just a one way process



PROGRAM BACKGROUND (good info for students)

All DSRC programs and service are underpinned by a “whole of family approach” and span prevention, early intervention treatment and recovery interventions.

The health and wellbeing of individuals has long been found to be directly mitigated by the strength of their connections and relationships with other human beings. The links between social connection to individuals, peers, family and community is widely accepted by researchers, theorists and practitioners as a major determinant of health and wellbeing for our children, young people and adults, and throughout the lifespan. The strength of the relationships that characterise these connections are critical for health, defined in its broadest possible context to include physical, mental, social and cultural domains of health.

It is about having a sense of belonging, feeling supported by a social group such as family, peers and the community in which we live, and feeling safe and secure in your environment. Human relationships that encapsulate positive communication and mutual obligation make us feel loved, cared for, esteemed and valued which in turn has a powerful effect on health. It is through these relationships that we learn and rehearse the skills required to form relationships, take on family and parenting roles, and negotiate the world including learning to cope with life events and challenges.

The family setting is critical as a point of intervention, whether we are focusing on the up stream determinants of many health risk behaviours – such as health promotion, prevention and early intervention programs or at the treatment end where family connection is critical to both achieving treatment change and maintaining that change for an individual. Research tells us that this is paramount if we are to successfully address the problems of individuals (such as mental illness, substance abuse and domestic violence), strengthen families and improve outcomes for children (Hawkins, Catalano & Miller, 1992).

DSRC's Family Promotion Unit's overall aim is to strengthen and support families at all stages of the family life cycle. It's programs and services include:

Community Seminars and Psycho-Educational Groups such as :

- Parenting (developmentally appropriate parenting skills, parenting through transitions)
- Relationship groups and education seminars
- Specific groups for women and men (fathers, mothers, connection and peer support)
- Specific groups for complex issues such as mental illness or drug and alcohol and their impact on families,
- Specific groups for children and young people

| Parenting Support Program for vulnerable families including:

- One on One Parenting Support Sessions (Information and support)
- Hands On Parenting Skills Sessions (demonstration, practise and strategies)
- Parenting Challenging Behaviours Groups
- Vulnerable Parents groups (anger management, parenting alone, young mums)

Please call Helen Rimington on 9663 6733 for information about our programs or Georgie on the same number to book for one of our groups or seminars