

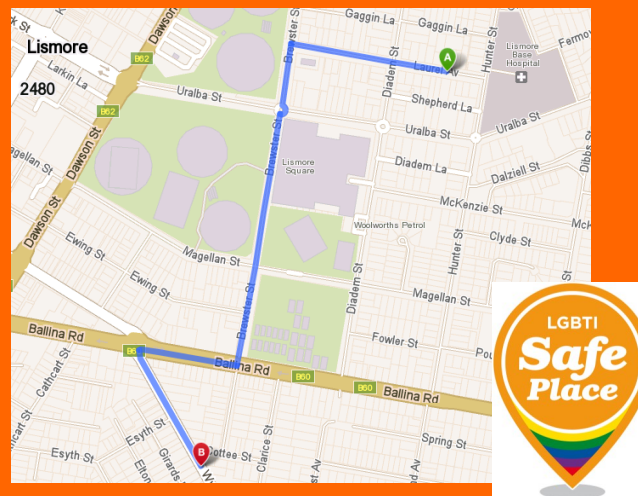


### Other free services from Family Support Network include:

- Child, Youth and Family Support Program offering practical and emotional support to enhance and strengthen parenting and family relationships for families with children aged 0-17 years.
- Parenting Programs such as Triple P, P5, 1-2-3 Magic, Engaging Adolescents, Bringing Up Great Kids and Circle of Security.
- South Lismore and Nimbin Supported Playgroups are informal, safe & welcoming. Families can access information and support, share their experiences and enjoy early childhood activities together.



**Family Support Network**  
 PO Box 236 Lismore NSW 2480  
**30 Wyrallah Road, East Lismore**  
 Tel: 02 6621 2489  
 Fax: 02 6621 5208  
 Email: [sarah@fsn.org.au](mailto:sarah@fsn.org.au)



Family Support Network encourages family diversity and welcomes all parents and carers to access our services. Our Lismore, South Lismore and Nimbin centres are all proudly ACON Safe Place approved.  
<http://www.acon.org.au/safeplace>



Family Support Network Inc.

## START TOGETHER PROGRAM

*Supporting your child to reach their developmental milestones*

*Funded by Families NSW*



*Inspiring communities, families and children to connect, move and grow.*

## What Is The Start Together Program?

*“Parents are their child’s first and most influential teachers”*

This program offers support for parents of children up to 3 years old to help them **achieve their developmental milestones**. Start Together focuses on each family’s strengths, capabilities and skills. Our Start Together team share knowledge, ideas and activities on:

- Ways parents and carers can provide exciting, inexpensive educational experiences for babies and children
- Using everyday experiences as learning opportunities
- What to look for and expect as children grow and develop
- Ways to help children develop a love of books and stories
- Setting realistic limits for children’s behaviours
- Group sessions can be held at any of our three premises (Lismore, South Lismore and Nimbin)

Our Start Together team can visit your family at home or at our Family Support Network centre. We can also provide referrals to other services and community supports in your area.

**families**NSW  
supporting families to raise children

## Who Can Use the Start Together Program?

The Start Together program provides a flexible and accessible service to families with children under three years of age. We also encourage parents in the last few months and weeks of pregnancy to access this service. Some of the reasons families may want to join the Start Together Program are:

- Living with the additional stresses around a new baby or multiple birth
- Living with a disability in the family
- Being young parents
- As first time parents
- As single mothers or fathers

Start Together is a free service available in the Lismore, Kyogle and Richmond Valley Local Government Areas.



## Start Together Babies Groups:

- For parents and carers from pregnancy to babies 12 months of age, we meet every Tuesday to discuss child development. Age appropriate toys and activities are provided, as well as afternoon tea. All groups are free to attend.

**Lismore** - Thursdays 1pm-3pm. Family Support Network, 41 Wilson Street, South Lismore

**Nimbin** - Tuesdays 10am-12 noon, Nimbin Parenting Centre, 81 Cullen Street, Nimbin



**For more information or to request this service** please phone 6621 2489 or go to [www.fsn.org.au](http://www.fsn.org.au)

## Family Support Network Inc.

Family Support Network is a non-government, community based organisation. We deliver quality, innovative programs to families with children aged up to 17 years in the local Lismore area.