

Other services that may also assist you

Child Protection Helpline 132 111

Koori Services

Rekindling The Spirit 25 Uralba St 6622 5534
Helping Hands Housing Support 6621 7397

Crisis / Counselling

Parent Line (parentline.com.au) 1300 1300 52
Kids Help Line (kidshelp.com.au) 1800 55 1800
Mensline (24/7 mensline.org.au) 1300 78 99 78
Lifeline - emergency counselling by phone 13 11 14
Lifeline - Face to Face counseling 6622 4133
Interrelate - Relationship help 6623 2750
Child & Family Health - Children 6625 0111
Community Mental Health 24/7 1300 369 968

Budgeting advice, small loans, material aid

Lismore Neighbourhood Centre 6621 7397

Legal Advice

Community Legal Cent. 16 Carrington St 6621 1000
Legal Aid Commission 29 Molesworth St 6621 2082
Family Law Court 29 Molesworth St 1300 352 000

Material Aid

Anglican Church 19 Keen Street 6621 3200
Salvation Army 18 Carrington St 6622 0181
St Vincent De Paul 84 Magellan St 6621 5959

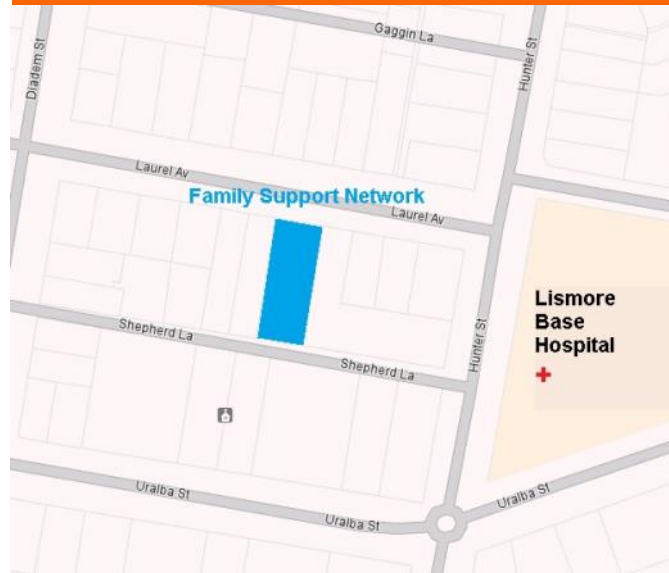
Housing NSW 4 Zadoc St 6623 2424

Domestic Violence Services

Lismore Women & Children Refuge 6621 2685
Women Up North 40 Wyrallah Rd 6621 7730
Court Support 9 Zadoc St. Tuesdays 6621 1044

Men and Family Centre 1 Club Lane 6622 6116

Family Support Network
143 Laurel Avenue (park at Shepherd Lane)
PO Box 236, Lismore NSW 2480
Tel: 02 6621 2489 Fax: 02 6621 5208
Email: admin@fsn.org.au
Web site: www.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

Summary of Parenting Groups

All services are free.

Funded by Family & Community Services



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

Family Support Network Inc.

We are a community based organisation providing a range of free services for families with children 0-17 years old in the Lismore area.

Every school term, we run two or more Parenting Programs from this list:

123 Magic

Over the course of three sessions, parents learn a counting technique, which they can use to prompt children to recognise and moderate their own behaviour. 123 Magic enhances parent-child relationships, making parenting more enjoyable.

Bringing Up Great Kids

Bringing Up Great Kids is a six-session program designed to support parents and carers to:

- Learn more about the origins of their own parenting style and how it can be more effective
- Identify the important messages they want to convey to their children and how to achieve this
- Learn more how brain development in children influences thoughts, feelings & behaviour
- Understand the meaning of children's behaviour
- Overcome obstacles getting in the way of them being the kind of parent they would like to be.

Engaging Adolescents

How to have those 'tough conversations' with your teenager while deepening and strengthening your relationship. During this 3-session course, parents and carers consider how to communicate with their teenagers around each other's needs and wants. Topics include "Normal Phases & Behaviour" and "Less Negative More Positive".

Circle Of Security

Circle of Security is based on decades of attachment theory research about how secure parent-child relationships can be supported and strengthened.

During eight sessions, parents will learn to:

- Understand their child's emotional world by reading their emotional needs.
- Support their child's ability to successfully manage emotions.
- Enhance the development of their child's self esteem.

Research shows that children who have a secure attachment to a caregiver have healthy self-esteem, increased empathy, are ready for school, have positive relationships and emotional intelligence.

Tuning In To Kids

This 6 session program focuses on developing supportive, emotionally responsive parenting. Parents are encouraged to become more aware of their own emotions in order to better understand their child/ren's emotional experiences. The first few sessions concentrate on supporting parents to be able to identify, reflect, empathise with and validate emotions before moving on to teach parents the skills of becoming an Emotion Coaching parent.

Research has shown that children who have parents who are able to Emotion Coach, are less likely to have behavioural problems, do better academically and are more competent in their ability to regulate their emotions.

Triple P Positive Parenting Program

Groups run for 5 sessions, featuring easy to implement, proven parenting solutions that help solve current parenting problems and prevent future problems before they arise.

Seminars feature one topic at a time and you can attend one or more seminars. Example topic : "Raising Confident & Competent Children".

We have a limited number of Triple P **Online** passwords available for families in Lismore, Richmond Valley and Kyogle LGAs. Please phone Sarah on 6621 2489 (Extension 105).

Stepping Stones Triple P

For parents & carers who look after children with a disability, everyday issues come with extra challenges. Stepping Stones is part of the world-acclaimed Triple P program, giving parents skills to manage misbehaviour and prevent problems from happening in the first place. From mealtime tantrums to supermarket meltdowns, Stepping Stones Triple P helps parents sort through the big and small issues of family life – and raise happy and confident children. Available as seminars, groups or one on one support with a family.

P5 - Participatory Program Promoting Pleasurable Parenting

In this 5-week course parents consider solving problems arising from beliefs and emotions. The program helps parents build their confidence and experience greater enjoyment of parenting. Topics include "Effective Listening", "Whose Problem is that?" and "Logical Consequences."

Want to know more?

Phone 6621 2489, see our website www.fsn.org.au