

Other services who 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
Homeless Link2Home 1800 152 152
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

Northern Rivers Community Gateway 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

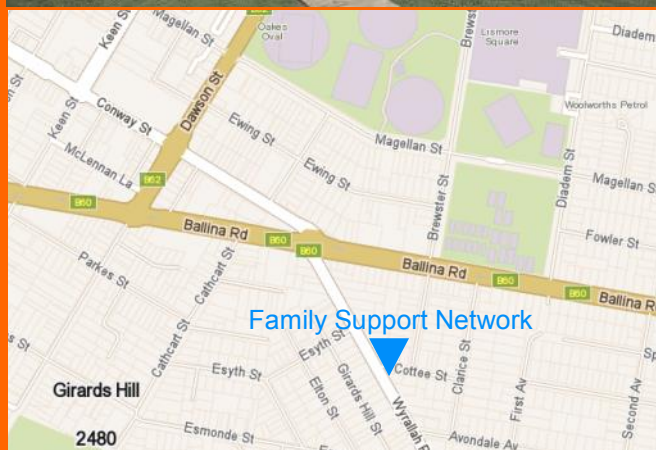
Anglican Church 19 Keen Street 6621 3200
Salvation Army 18 Carrington St 6622 0181
St Vincent De Paul 84 Magellan St 6621 5959

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
30 Wyrallah Road
PO Box 236, East Lismore NSW 2480
Tel: 02 6621 2489 Fax: 02 6621 5208
Email: admin@fsn.org.au
Web site: www.fsn.org.au



We encourage family diversity and welcome all parents and carers to access our services. LGBTIQ Diverse people are welcome at our Lismore, South Lismore and Nimbin centres. www.welcomehere.org.au



Family Support Network inc.

FAMILY SUPPORT NETWORK

Summary of Our Services

All services are **free**.

Funded by Family & Community Services



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

Family Support Network Inc.

Family Support Network is a community based not-for-profit organisation providing a range of **free** quality services and programs for families with children 0-17 years old in the Lismore area.

We provide the following free programs and services:

Child Youth and Family Support

Family Workers offer practical and emotional support to enhance & strengthen parenting and family relationships. Family Workers recognise the uniqueness of each family and provide support to help families identify & work towards reaching their goals. Family Workers can meet with families at our centre or in the family home. Family Work assistance is available to families with children 0-17 years old in the Lismore LGA.

Parenting Programs

Each school term a calendar is compiled listing all group programs for that term. To obtain the latest term calendar, please visit www.fsn.org.au or email us or phone 6621 2489.

We have trained staff who can facilitate the following parenting group programs:

- 123 Magic
- Bringing Up Great Kids
- Circle of Security
- Engaging Adolescents
- Black Box
- Parents as Teachers
- Stepping Stones Triple P for parents of children with developmental disability
- Triple P Groups, Seminars and Online

Start Together Program

This new program offers support for parents of children 0-3 years old to help them **achieve their developmental milestones**. We also encourage parents in the last few months of pregnancy to access the program. Start Together focusses on each family's strengths, capabilities and skills. Our Start Together team share knowledge, ideas and activities such as:

- 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 child behaviour.
- Group sessions can be held at Lismore, Nimbin and Casino.

Phone 6621 2489 for more information or to register for this program.

Playgroups

Our playgroups are informal, safe & welcoming. Families can share their experiences, take part in early childhood activities, receive information and support. Healthy morning teas are also provided. Our playgroups are at South Lismore and Nimbin:

41 Wilson Street, South Lismore

When: Wednesdays and Fridays 10am to 12pm during school term.

Who: For parents with kids under school age

Phone: 6621 2489 for more info or just drop in at 41 Wilson St whilst playgroup is on.

81 Cullen Street, Nimbin

When: Tuesdays 10am to 12noon in school term.

Who: For parents with babies under 12 months.

When: Fridays 10am to 12noon in school term.

Who: For parents with children under school age.

Phone: 6689 0423 or just drop in at the Nimbin Family Centre, 81 Cullen St whilst playgroup is on.

Opening times at 30 Wyrallah Road

Our main office at 30 Wyrallah Road is open Monday to Friday 9am to 4pm, except Wednesdays when we are open 9am to 1:30pm.

Referral process

Families can self refer or be referred through government or non-government agencies.

What happens next?

Once the referral is received by FSN, the family will be contacted by phone for an intake interview. Following intake, the referral will be discussed with the relevant program(s) and an assessment appointment made with the family. The referral process from receipt of the referral to assessment appointment will take no longer than 14 days.

Want to know more?

Please phone us on **6621 2489** or visit our website www.fsn.org.au. Our staff are able to visit other services to provide more information on any of our programs. If you'd like one of our staff to come to your service, please phone 6621 2489.

Visit <http://www.fsn.org.au/about-us/37-privacy.html>