



OUR VISION:

A thriving community enjoying spiritual, cultural, physical, social and emotional wellbeing, nurtured by strong families, empowered to determine their own futures and benefiting from a deep connection to culture.



"BEING A PARENT
ISN'T ALWAYS EASY,
BUT YOU DON'T HAVE
TO DO IT ALONE,
ASK FOR HELP"



🕒 Monday - Friday: 8:30am - 5pm

☎ (02) 4448 0200 / option #2

@ fcs@southcoastams.org.au

🌐 www.southcoastams.org.au

📄 ICN 182 / ABN 46 897 866 758

📍 Level 1 & 2, 61 Kinghorne St,
Nowra, NSW 2541

Community & Family Support



"SUPPORTING FAMILIES TO GROW STRONG
IN HEALTH, WELLBEING & CONNECTION"

South Coast
Medical Service
Aboriginal Corporation





What is Community & Family Support?

Our Community & Family Support team (CAFS) provides professional, culturally sensitive services to Aboriginal families. We strive to give our families a safer place to live in our community so they can live a happier and healthier life. We use a strength-based family approach to help you and your family build and maintain strong networks.

We support families with new babies, first-time parents, teenage parents, families with older children, and families that feel like they would like support in their journey to become the best they can be.

We provide information on early childhood services, antenatal services, and assist in the antenatal period to plan and prepare for the birth of your child.

"We are here to support parents, children and young people in their journey to become the best they can be"



We can support you & your family by:

- ☉ Providing relevant information on early childhood services and accessing antenatal services.
- ☉ Providing individual support for parents and carers who need assistance in further developing parenting skills.
- ☉ Advocating for, and referring families to other services needed eg: health professionals, child care, and housing.
- ☉ Working on a one-to-one basis to assist parents and carers in identifying their needs, setting achievable goals, and working towards their fulfilment.
- ☉ Linking families to groups, workshops, and activities in areas including education, social skills, wellness, health, hygiene, and safety.
- ☉ Linking parents and carers to programs that can enhance their knowledge, skills, confidence, and self-esteem, both as a parent and as an individual.

Our friendly team will:

- ✓ Listen to you
- ✓ Provide you with options
- ✓ Assist you with family and personal matters
- ✓ Work with you to increase your confidence and self-awareness
- ✓ Help you gain a better understanding of health and education

We can link you to groups & activities including:

- ☉ Physical activities groups
- ☉ Parenting skills programs
- ☉ Educational workshops
- ☉ Guest speakers
- ☉ Information groups
- ☉ Self-healing groups

Who is this program for?

- ✓ If you feel like being a parent or carer is more than you bargained for
- ✓ If being a parent or carer is getting you down
- ✓ If you're missing the support and practical help of relatives and friends... **Perhaps we can help!**