



# RESOURCE DIRECTORY

## for parents and family

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**PLEASE NOTE:**

**This information is current on the date of this document. When you call a service/agency their programs may have changed.**

**Also, check out the FISH website. For example:**

Programs for Parents: <https://finclusionh.org/parent-programs/>

Parent Resources: <https://finclusionh.org/parent-resources/>

Services: <https://finclusionh.org/services/>

**If you have any questions, contact one of our parent peer workers:**

Free call: 1300 942 598      Email: [parentpeersnewcastle@gmail.com](mailto:parentpeersnewcastle@gmail.com)

## PARENTING PROGRAMS FOR PARENTS AND FAMILY

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There are a variety of parenting programs available at different agencies across Newcastle and the Hunter.

### Programs and what they are about

Below is a summary of what each program includes and a detailed list of delivery locations follows:

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**123 Magic and Emotion Coaching:** Learning to manage difficult behaviours with 2–12 yr olds using calm parenting and setting clear expectations.

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**All Dads Online:** Men who have a fathering role and want to improve relationships with their children.

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**Black Box Parenting:** This program is designed specifically for the challenges of parenting after violence, learning about the impact of trauma, how the attachment can disrupt and how to repair your parenting bond.

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**Bringing Up Great Kids:** A program that will help you learn more about parenting methods & build the foundations for great relationship with your child.

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**Circle of Security:** This program is designed for parents and carers of children 0–12 yr who want to strengthen bonds with their children and support to help their children build secure relationships.

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**Creating Emotionally Resilient Families:** This program delivers strategies for parents wanting to raise resilient children and develop a strong emotionally connected family.

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**Fathers and Men with a Fathering Role:** Information for individual family assistance in home or in centre with a variety of group programs.

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**Keeping Children Safe:** This program promotes care and protection of children and young people helping them to understand child protection language and terms and aims to increase their knowledge and understanding of issues involved in the abuse and neglect of children.

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**Keeping Kids in Mind:** This program is for separated parents who want understanding and strategies to support their children following separation.

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**Kids in Care:** Trauma-informed workshop for parents whose children were removed and placed in care to help them through loss and grief, as well as develop tools to manage and overcome difficult emotions.

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**Kids in Focus:** A program for supporting your kids after separation.

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**Mindful Parenting:** A 24-week program for parents living with “distress, impulsiveness, confusion and black & white thinking”.

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**My Kids and Me:** This program is for parents whose children are in care. The aim is to give parents an opportunity to reflect on their experiences and provide an opportunity for change that can strengthen the relationship between parent and child.

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**No Scaredy Cats:** A program that supports parents to recognise anxiety developing in their child and how to implement practical skills to encourage resilient thinking.

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**Peaceful Parents:** This program is a mindfulness and positive program aimed at increasing resilience in both parents and children.

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**Raising the Growing Child:** This course can help parents gain some direction about how they want to parent in the future, discover and understand the origins of their child behaviour and learn how to support their children to manage their own emotions and behaviour.

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**Seasons for Growth:** A program for parents to better understand the experience of death, separation and divorce from a child’s perspective.

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**Tuning Into Kids:** Teaches parents how to use emotion coaching to help their children understand, regulate and work through their emotions.

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**Tuning Into Teens:** This program is designed to support & help parents with their teenage children to control, understand and respond to their emotions.

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## Other places to find programs and services

If you don’t see the program you are looking for, try these websites:

**Community Services Directory** (managed by Hunter Homeless Connect):

<https://hunterhomelessconnect.org.au/community-services-directory/>

**Ask Izzy** (directory of different support services with a save quick exit)

<https://askizzy.org.au/>

**Service Seeker** directory (Australia wide)

<https://www.serviceseeker.com.au/>

## List of services and their programs

*(lists on following pages are sorted alphabetically by service)*

**PLEASE NOTE:** This information is current on the date of this document. When you call a service/agency their programs may have changed. There may also be other services that are not on this list that provide programs suitable for you.

Service	Program
<b>EASTLAKES FAMILY SUPPORT</b> 14 HICKORY RD, NEWCASTLE, 2300 CONTACT: 4943 9255 <a href="#">Website</a>	<ul style="list-style-type: none"> <li>✓ 1-2-3 MAGIC &amp; EMOTION COACHING</li> <li>✓ CIRCLE OF SECURITY</li> <li>✓ TUNING INTO KIDS</li> </ul>
<b>FAMILY ACTION CENTRE</b> NEWCASTLE UNIVERSITY CONTACT: 4921 6858 <a href="#">Website</a>	<ul style="list-style-type: none"> <li>✓ KEEPING CHILDREN SAFE</li> <li>✓ CIRCLE OF SECURITY</li> <li>✓ MY KIDS AND ME</li> <li>✓ 1-2-3 MAGIC &amp; EMOTION COACHING</li> <li>✓ RAISING THE GROWING CHILD</li> <li>✓ SUCCEED WITH TEENS</li> <li>✓ CREATING EMOTIONALLY RESILIENT FAMILIES</li> <li>✓ BRINGING UP GREAT KIDS</li> </ul>
<b>FAMILY SUPPORT NEWCASTLE</b>  2 HIGH STREET WARATAH CONTACT: 4926 3577 <a href="#">Website</a>	<ul style="list-style-type: none"> <li>✓ RAISING THE GROWING CHILD</li> <li>✓ TUNING INTO KIDS</li> <li>✓ CIRCLE OF SECURITY</li> <li>✓ 1-2-3 MAGIC &amp; EMOTION COACHING</li> <li>✓ NO SCAREDY CATS</li> <li>✓ BLACK BOX PARENTING</li> <li>✓ BRINGING UP GREAT KIDS (FIRST 1000 DAYS)</li> <li>✓ BRINGING UP GREAT KIDS</li> <li>✓ SEASONS FOR GROWTH</li> <li>✓ KEEPING KIDS IN MIND</li> <li>✓ PEACEFUL PARENTS</li> <li>✓ PROTECTIVE BEHAVIOURS</li> </ul>
<b>INTERRELATE</b> CONTACT: 1300 473 528 <a href="#">Website</a>	<ul style="list-style-type: none"> <li>✓ BRINGING UP GREAT KIDS</li> </ul>
<b>PORT STEPHENS FAMILY &amp; NEIGHBOURHOOD CENTRE</b> RAYMOND TERRACE Contact: 4987 4674 <a href="#">Website</a>	<ul style="list-style-type: none"> <li>✓ TUNING INTO KIDS</li> <li>✓ TUNING INTO TEENS</li> <li>✓ CIRCLE OF SECURITY PARENTING</li> <li>✓ BRINGING UP GREAT KIDS</li> <li>✓ MINDFUL PARENTING</li> </ul>
<b>RELATIONSHIPS AUSTRALIA NSW</b> CONTACT: 1300 364 277 <a href="#">Website</a>	<ul style="list-style-type: none"> <li>✓ KIDS IN FOCUS</li> <li>✓ KIDS IN CARE</li> </ul>

## DOMESTIC VIOLENCE PROGRAMS FOR PARENTS & FAMILY

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(list is sorted alphabetically by service)

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Service	Program and Details
<b>EAST LAKES FAMILY SUPPORT SERVICE</b> Ph: 4943 9255 <a href="#">Website</a>	<b>RELATIONSHIPS AND YOU:</b> DV Education group exploring identifying DV, exploring power and control, setting healthy boundaries and the impacts of DV on children.
<b>GOT YOUR BACK SISTA</b> Ph: 4989 2777 <a href="#">Website</a>	<b>SHARK CAGE:</b> This program is a domestic violence program for women. It helps women to recognise strengths and early warning signs, boundaries, self-care and strategies to respond to DV.
<b>HUNTER WOMEN'S CENTRE</b> Ph: 4968 2511 <a href="#">Website</a>	<b>POWER &amp; ABUSE IN RELATIONSHIPS:</b> A 4-week program for women who are currently, or have been in the past, controlled by their partner. Gain an awareness of equal v unequal relationships and build skills for positive change.
<b>MAITLAND FAMILY SUPPORT WOODBERRY FAMILY CENTRE, 11-13 LAWSON AVE, WOODBERRY 2322</b> PH: 4914 0444 <a href="#">Website</a>	<b>THE SHARK CAGE:</b> This program is a domestic violence program for women. It helps women to recognise strengths and early warning signs, boundaries, self-care and strategies to respond to DV. <b>START TODAY AGAIN:</b> This program helps men to understand the impacts of family violence on children and suggest ways in which changes in parent relationships can be made.
<b>PORT STEPHENS FAMILY &amp; NEIGHBOURHOOD CENTRE</b> PHILLIP RD, RAYMOND TERRACE 2324 Contact: 4987 4674 <a href="#">Website</a>	<b>WOMEN SPEAK:</b> This 6-week program enables women to support each other who have had or are experiencing domestic violence.

Service	Program and Details
<p><b>RELATIONSHIPS AUSTRALIA NSW</b> CONTACT: 1300 364 277 <a href="#">Website</a></p>	<p><b>WOMEN, CHOICE AND CHANGE:</b> A free group support program for women in NSW who have experienced domestic and family violence. We aim to help you feel safe and supported again after a difficult time in your life.</p> <p><b>MANAGING STRONG EMOTIONS:</b> This is a 6-session group for people who are seeking support to better deal with emotions that may be causing issues in their relationship. This can include jealousy, anger or grief (Not suitable if currently experiencing DV)</p> <p><b>TAKING RESPONSIBILITY (men):</b> This program is designed for men who have hurt someone they love and are ready to take responsibility for their use of violent, controlling and abusive behaviour.</p>

## PROGRAMS FOR DADS & MEN IN FATHERING ROLES

*(list is sorted alphabetically by service)*

Service	Program and Details
<p><b>FAMILY SUPPORT NEWCASTLE</b> 2 HIGH STREET WARATAH CONTACT: 4926 3577 <a href="#">Website</a></p>	<p><b>SEPARATED DADS:</b> Referrals/linkage other services, telephone support – follow up, mediation support.</p>
<p><b>MAITLAND FAMILY SUPPORT/ WOODBERRY FAMILY CENTRE</b>  11-13 Lawson Avenue Woodberry PH: 4914 0444 <a href="#">Website</a></p>	<p><b>DADS TUNING INTO KIDS:</b> This program aims to give fathers helpful ways of teaching their child the skills of emotional intelligence and how to recognise, understand and respond to children's emotions in an accepting supportive way. It will also provide additional content relevant to fathers.</p> <p><b>ALL DADS ONLINE:</b> Men who have a fathering role and want to improve relationships with their children.</p> <p><b>FATHERS AND OTHER MEN WITH A FATHERING ROLE:</b> Information for individual family assistance in home or in centre with a variety of group programs.</p>
<p><b>MEN'S REFERRAL SERVICE</b> Ph: 1300 766 491 <a href="#">website</a></p>	<p><b>HELPLINE AND REFERRALS:</b> A free, confidential telephone helpline that offers counselling, advice and support to men who have anger, relationship or parenting issues.</p>

## MENTAL HEALTH

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(list is sorted alphabetically by service)

Service	Program and Details
<b>COMMUNITY MENTAL HEALTH</b> Ph: 1800 011 511	<b>ASSESSMENT AND TREATMENT:</b> Public mental health service treating those with acute mental health issues. Self-referral through Mental Health Access Line.
<b>HEADSPACE</b> Newcastle Ph: 4929 4201 Maitland Ph: 4931 1000	<b>COUNSELLING AND SUPPORT:</b> Counselling and support to 12-18 yr olds.
<b>HUNTER PRIMARY CARE</b> Ph: 4925 2259	<b>PSYCHOLOGY / COUNSELLING:</b> Bulk-billed psychology providing sessions to those who obtain a GP Mental Health Care Plan and referral.
<b>HUNTER WOMEN'S CENTRE</b> Ph: 49682511 <a href="#">Website</a>	<b>COUNSELLING:</b> A client centred, strengths based and trauma informed counselling service to women.
<b>NEWCASTLE SEXUAL ASSAULT SERVICE</b> Ph: 4924 6333	<b>COUNSELLING AND SUPPORT:</b> A free confidential service staffed by female Social Workers and Clinical Psychologists, who are specialised in working with children and adults who have been sexually abused.
<b>VICTIMS SERVICES</b> Ph: 1800 633 063	<b>PSYCHOLOGY / COUNSELLING:</b> Free counselling to those who have been a victim of a crime and been approved for counselling through VS (online application)

## DRUG AND ALCOHOL

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(list is sorted alphabetically by service)

[Link to NSW Health List:](#) Withdrawal management & residential rehab services

Service	Program and Details
<b>ALCOHOL AND DRUG INFORMATION SERVICE (ADIS)</b> Ph: 1800 422 599	<b>INFORMATION AND REFERRALS:</b> State-wide 24 hr telephone advice, information and referral service
<b>ALCOHOLICS ANONYMOUS (AA)</b> Ph: 4962 3844	<b>PEER SUPPORT:</b> Group support using the 12-Step model for those wanting to address their alcohol use

Service	Program and Details
<b>CALVARY MATER AOD UNIT</b> Ph: 4014 4796	<b>COUNSELLING, TREATMENT AND OUTPATIENT DETOX:</b> A variety of programs including counselling, family counselling, pharmacotherapy treatment, and outpatient detox
<b>DOORALONG TRANSFORMATION CENTRE</b> Ph: 4355 8000 <a href="#">Website</a>	<b>RESIDENTIAL REHABILITATION:</b> Rehab program on Central Coast using 12-Step recovery model
<b>DRUG AND ALCOHOL CLINICAL SERVICES</b> Ph: 1300 660 059	<b>COUNSELLING:</b> Counselling to manage addiction issues, including relapse prevention and harm minimisation
<b>DRUG AND ALCOHOL INTAKE SERVICE</b> Ph: 1300 660 059	<b>REFERRAL SERVICE</b> First point of contact for referrals to Hunter New England AOD services: information, triage and referrals
<b>FREEMAN HOUSE</b> Ph: 6772 4475 <a href="#">Website</a>	<b>RESIDENTIAL REHAB SERVICE:</b> 3-5 month residential rehab program in Armidale area.
<b>HARM MINIMISATION PROGRAM</b> Ph: 4016 4519	<b>NEEDLE AND SYRINGE EXCHANGE:</b> Provision of sterile injecting equipment free of charge
<b>HUNTER PRIMARY CARE</b> Ph: 4925 2259	<b>COUNSELLING:</b> Offering The MindReach program (telephone counselling support); Counselling and brief interventions with a psychologist delivered face-to-face, via video-call or over the phone; Aftercare support focusing in relapse prevention; Treatment of existing mental health symptoms
<b>KAMIRA HOUSE</b> Ph: 4392 1341 <a href="#">Website</a>	<b>RESIDENTIAL REHAB SERVICE:</b> 5-7 month residential rehab treatment program for women and their children
<b>LAKEVIEW WITHDRAWAL MANAGEMENT SERVICE</b> Ph: 4923 2060	<b>DETOX:</b> Detox program at Belmont Hospital
<b>McAULEY OUTREACH PROGRAM</b> Ph: 4961 2686	<b>OUTREACH COUNSELLING:</b> Outreach service (in-home or community visits) to address addiction.



Service	Program and Details
<b>MENTAL HEALTH AND SUBSTANCE USE SERVICE (MHSUS)</b> Ph: 4033 5600	<b>POST WITHDRAWAL TREATMENT PROGRAMS FOR THOSE WITH MENTAL HEALTH CHALLENGES:</b> Assessment and outpatient group that provides education around both mental health and addiction issues, focussing on relapse prevention
<b>MERIT PROGRAM</b> Ph: 4016 4656	<b>COURT DIVERSION PROGRAM:</b> Magistrates Early Referral Into Treatment
<b>NARCOTICS ANONYMOUS (NA)</b> Ph: 1300 652 820	<b>PEER SUPPORT:</b> Group support using the 12-Step model for those wanting to address their drug use
<b>NEWCASTLE CANNABIS CLINIC</b> Ph: 4923 6760	<b>ASSESSMENT AND TREATMENT:</b> Specific support for those with cannabis drug use issues
<b>QUITLINE</b> Ph: 13 78 48	<b>INFORMATION AND COUNSELLING:</b> Phone support for those wanting to quit smoking cigarettes
<b>STIMULANT TREATMENT PROGRAM</b> Ph: 4923 6776	<b>ASSESSMENT AND TREATMENT:</b> Specific support for those with stimulant drug use issues (e.g., ice, amphetamines, cocaine)
<b>SUBSTANCE USE IN PREGNANCY SERVICE (SUPPS)</b> Ph: 4923 6830	<b>ASSESSMENT AND SUPPORT:</b> For pregnant women who have current addiction issues
<b>WE HELP OURSELVES (WHOs)</b> Ph: 4991 7000	<b>RESIDENTIAL REHAB SERVICE:</b> 90-Day therapeutic rehab in the Cessnock area