

NEWCASTLE & HUNTER SERVICES RUNNING PARENTING/DV/RELATIONSHIP PROGRAMS

A Resource for Parents written by Family Inclusion Strategies Hunter Peer Parent Expert

The services listed here offer a range of **parenting, relationship, self-development and domestic violence support programs**. These are programs you might **choose to attend**, or ones you may have **been asked or required to do** as part of a process.

We've found that **Facebook pages are often the best way to stay up to date** with what organisations are running and when. You might find the same information there or you might come across programs that aren't advertised elsewhere.

Many of these programs have **waitlists**, can be **hard to get into**, and often run **term by term**, so it's a good idea to reach out early if you're interested.

If you book into a program, it's important to attend, as **attendance is usually recorded** and non-attendance can sometimes be noted or used against you. That said, **life happens**. If you can't make a session, or you're not up for it on the day, let the organisation know as soon as you can. Communication matters.

You can also visit our "**Finding and using programs that work for you**" section, where parents with lived experience share feedback and tips on how to choose programs that are actually helpful, safe, and right for you.

The Canopy

Free family and parenting support across the Hunter region.

🌐 <https://thecanopy.org.au>

Eastlakes Family Support Service

Family support, financial counselling, and domestic violence services.

📞 (02) 4943 9255

✉️ staff@efss.org.au

🌐 <https://www.efss.org.au>

Newcastle Family Support Service

Support for parents, women leaving violence, and fathers.

📞 (02) 4926 3577

✉️ reception@nfss.org.au

🌐 <https://nfss.org.au>

Maitland Family Support

Family support, supported playgroups, early-intervention and parent assistance.

📞 (02) 4914 0444

✉️ info@mfss.com.au

🌐 <https://www.mfss.com.au>

Relationships Australia NSW

Counselling, mediation, DV, family and parenting support.

🌐 <https://www.relationshipsnsw.org.au>

Raymond Terrace Neighbourhood Centre

Community support, referrals, activities and connection to services.

📞 (02) 4987 4763

🌐 <https://psfans.org.au>

Got Your Back Sista

Practical and emotional support for women and children rebuilding after domestic violence.

📞 (02) 4989 2777

✉️ info@gotyourbacksista.com

🌐 <https://gotyourbacksista.com>

Woodberry Place of Friends

A **community support hub** based at Woodberry Public School that runs **supported playgroups, parenting programs and family activities** for families with young children (birth–8 years). It works in partnership with local organisations like Maitland Family Support and Newcastle Family Support to deliver **parenting groups such as Tuning in to Kids and other supportive parent-child activities**.

📞 **Phone:** (02) 4964 2174

🌐 **Website / Facebook:** <https://www.facebook.com/WoodberryPlaceofFriends/>

Jenny's Place

Domestic and family violence support programs

🌐 <https://www.jennysplace.org>

Carrie's Place

Domestic and family violence support programs

🌐 <https://www.carriesplace.org.au>

Warlga Ngurra Women and Children's Refuge

Domestic and family violence support programs (Aboriginal-led).

📞 (02) 4950 1566

🌐 <https://www.warlgangurra.org.au>

Cessnock Family Support Service Inc.

They work with families with children aged 0–12 and can also help connect you with parenting programs and community supports.

📞 **Phone:** (02) 4990 4507

✉ Email: admin@cfss.ngo.org.au

🌐 Website: <https://cfss.ngo.org.au/>

Community Activities Lake Macquarie Incorporated (CALM)

📞 Phone: (02) 4950 3888

✉ Email: admin@calm.org.au

🌐 Website: <https://calm.org.au/>

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