



**CatholicCare**  
VICTORIA  
*Strengthening families & communities*

## Family Wellbeing Support Service



**Sometimes families need extra support, especially during challenging times.**

**This program aims to improve the emotional health and wellbeing of the child/young person and their family to build resilience, coping skills and increase participation in family, school and community life.**

Young people can face all sorts of pressures at school, with friends, or at home, which can lead to mental health issues if they don't have the strategies or support to cope.

The Family Wellbeing Support Service works with children and young people before these pressures or issues become overwhelming, to provide the strategies and support they need for mental and social wellbeing.

Our experienced and qualified practitioners work alongside schools, in groups, and one-to-one to deliver flexible support and education focused on the needs of the child or young person.

### Who is the Family Wellbeing Support Service (FWSS) for?

- Children and young people aged 0-18 years and their families, living in the City of Melton, Bacchus Marsh, City of Ballarat, Rural City of Mildura, or Shepparton.
- Children or young people affected by, or at risk of developing a mental illness later on in life (i.e. displaying out of character behaviour, or experiencing a stressful life event).
- Families experiencing stressful and challenging circumstances such as family separation, a new baby, transitioning to primary or secondary school, or bereavement.
- Young people leaving out-of-home care or who are known to Child Protection (but not children under the care of the child protection system).
- Aboriginal and Torres Strait Islander families.
- People from culturally and linguistically diverse populations, including recently arrived migrants and refugees.

### How can a family access FWSS?

Families can be referred to FWSS by friends, family, schools, or other community services.

Alternatively, families are welcome to self-refer by contacting our FWSS team directly.

### How does FWSS help?

FWSS provides a range of services including:

- long-term assistance, up to 12 months.
- short-term assistance, up to six sessions within three months.
- community engagement, education and group work.

FWSS can liaise with other key agencies involved with a family, such as school wellbeing, and our services can be provided to families in their homes.

Learn more at [www.catholiccarevic.org.au/fwss](http://www.catholiccarevic.org.au/fwss)

#### BACCHUS MARSH & MELTON

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T (03) 9069 3210 | E [kate.mckernin@catholiccarevic.org.au](mailto:kate.mckernin@catholiccarevic.org.au)

#### BALLARAT

4-6 Peel Street Nth, Ballarat, VIC 3350

T (03) 5337 8999

#### MILDURA

136 Lime Avenue, Mildura, VIC 3500

T (03) 5051 0000

#### SHEPPARTON

68 Wyndham Street, Shepparton VIC 3630

T (03) 5820 0444 | E [shep@ccds.org.au](mailto:shep@ccds.org.au)



## Stress Busters!

Helping children to manage their emotions is important for a child's wellbeing. This program helps primary school aged children to understand and manage their anxiety and anger. Outcomes include improved concentration at school and better relationships with family and friends. *(Four-week program, Melton & Shepparton)*



## DRUMBEAT

DRUMBEAT\* is a group program for children aged 10-14, using hand drumming to explore topics such as peer pressure, bullying, emotions, identity, belonging, social responsibility and teamwork. The program increases confidence and self-esteem, and helps participants build positive relationships with their peers, family and community. *(Ten-week program)*



## Seasons for Growth

Seasons for Growth is an education program for children, young people or adults who have experienced significant change or loss. This program provides people with a safe space to come together and share their experiences. It is led by trained Companions and can be run in schools, parishes and community and health care settings. *(Six-week program)*



## Girls Resilience

The Girls Resilience program assists girls to build resilience in their every day lives. In a safe space for talking and listening, the program helps to build respectful relationships, increase self-confidence and self-esteem, knowledge of self-care and mental health, and covers topics including LGBTIQ+ and body image. *(Eight-week program, Ballarat & Mildura)*



## Emotikids

Teaching kids how to deal with strong emotions from an early age can help to prevent or mitigate mental health issues, and enable kids to identify when they need support. The Emotikids program runs every school term, and is aimed at 5-7-year-old children who are showing signs of increased worry or anger. *(Six-week program, Melton & Shepparton)*



## Single-session workshops

We can adapt and/or combine our programs into a single-session workshop which suits the needs of your community.