

## Our Family Case Management

Family case management aims to develop strategies for better family functioning. We focus on children and young people 0-18, while supporting parents and carers to meet your family goals.

Our service will work with your family in a flexible and inclusive way. The program focusses on building strength and resilience within children and young people, as well as with your family.

This support is available as short-term (up to 3 months) or long-term (up to 12 months) case management, courses, and brief intervention counselling.

Family Case Management may help you if:

- You have children aged 0 – 18
- Your child is displaying signs of "out of character" or "at risk" behaviour
- You are experiencing a stressful life event such as family separation, grief and loss, or bullying and this impacts your kids
- A child or young person in your family is at risk of developing a mental illness, such as depression, anxiety, diagnosed mental illness
- You are not coping with family commitments and responsibilities and this is impacting on your kids
- You are not currently working with a family case manager.

## All services are free

For further information please call the Family Rural Resilience team



Phone: 1800 372 826

Fax: (02) 6762 6165

Email: [tamworth@centacareneww.com.au](mailto:tamworth@centacareneww.com.au)

[www.centacareneww.com.au](http://www.centacareneww.com.au)



*Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.*

*This service is funded by the Australian Government Department of Social Services.*

**Building stronger families  
in our region**



## Family Rural Resilience Program

Staff are based in Tamworth, Armidale, Inverell, Moree & Narrabri, and outreach to all towns across the New England North West.







## Our Programs



Our programs are designed to enhance and support family resilience, parenting skills, and behaviour management. We have an early intervention and prevention focus for parents and carers with children aged 0-12.

All groups are free and run at various times throughout the year.

Our program is open to self referral. Please call us if you would like to register or find out more.

## Parenting Peer Support Groups

Parenting Peer Support groups will enable participants to engage with other parents and/or carers and their children in a safe and supportive environment. These groups will run weekly during school terms and include fun activities for you and your children.

## Parenting Skills Programs

RPRP Parenting Skills Programs are run during each school term and will include evidence based programs designed to help you build skills around behaviour, communication, child development and personal wellbeing. Keep an eye on our website or call your local Centacare NENW office to find out what programs are running in your area.

This program is  
funded by the  
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Department of  
Social Services

## Other Services

Other activities that may be run under the RPRP program include:

- school readiness programs;
- case management and advocacy;
- supported playgroups; and
- community events and celebrations.

Please give your local Centacare NENW office a call to find out what is available in your area.



For more information, or to make a referral for yourself or someone else, call us on 1800 372 826.  
[www.centacarenenw.com.au](http://www.centacarenenw.com.au)

All  
services  
are FREE



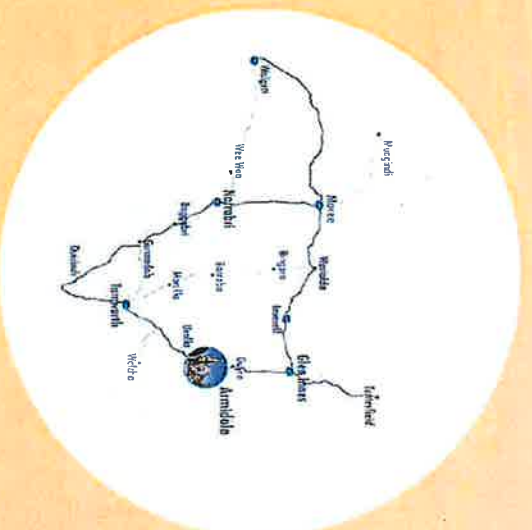
## About RPRP

The Rural Parenting Resilience Program (RPRP) is a free and flexible parenting support program.

We assist and support parents and carers by working with them to enrich their wellbeing, skills and parenting practices.



Our goal is to support you to increase the connection with your children by providing access to peer support groups and parenting skills development throughout the year.



Our Offices are Located in:

Armidale | Glen Innes | Gunnedah |  
Inverell | Moree | Narrabri | Tamworth  
| Walgett | headspace Tamworth

With outreach services provided across the diocese.

Contact Us:

Ph: 1800 372 826

E: [contact@centacareneww.com.au](mailto:contact@centacareneww.com.au)

[www.centacarenenw.com.au](http://www.centacarenenw.com.au)

or find us on Facebook:

[www.facebook.com/CentacareNEW](http://www.facebook.com/CentacareNEW)



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Present.



# Rural Parenting Resilience Program (RPRP)

Supporting parents and carers of kids 0-12 years



**Centacare**  
—New England North West  
*Rural Resilience*

THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMDALE





## About us

The Family Rural Resilience Program (FRRP) is a free and flexible early intervention, wellbeing support service for 0-18 year olds.

We assist families, carers, children and young people to enhance their wellbeing and have great relationships. We provide a range of courses, as well as short and long term case management.

Our goal is to support you to increase your family's wellbeing, safety, connectedness, and overall functioning.

Open to self-referral. Contact us for a referral form. *Unfortunately, this service does not accept referral for a child who is under the age of 16 and is under the care of the Minister for Family and Community Services.*



Our programs are designed to build skills around wellbeing and build family resilience.

All groups are free and run at various times throughout the year. Please call us if you would like to register or find out more.

## Programs for Young People

*To access programs, families must be registered under case management within this service.*

### **Resilient Kids (6-11 years)**

Resilient Kids aims to develop resilience, increase ability to cope, provide opportunities for self-expression, increase self-esteem, reduce feelings of isolation and enhance kids communication abilities. It also works to increase skills to cope with change.

### **I am important (8-10 years)**

This 2 week program looks at self esteem: what is it, the role it plays in your life, and ways to develop it. The program also looks at strengths, resilience, communication and problem solving.

### **P.U.L.S.E (Pumping Up Low Self-Esteem)**

The P.U.L.S.E program is a self-esteem building course for 12 to 15 year olds.

### **RAGE (Re-navigating Anger and Guilt Emotions)**

RAGE is a 6 week strength based, solution focused anger management course for young people aged 11-17.

### **CHILLAX**

Chillax is a 6 week skills building program, that aims to help young people manage their ADHD symptoms.

### **Managing the Bull**

Managing the Bull is a 6 week course that aims to build resilience in bullied teens through games, activities and discussions.

## Programs Continued

### **SMILES (8-11 years)**

The 3 day Smiles program is designed to address the needs of children who are supporting family members with a mental illness. This program aims to increase coping skills, develop resilience, provide opportunities for self expression, increase self-esteem and reduce feelings of isolation.

*\* Inclusion criteria exists for this program.*

### **My SPEAK (8-11 years)**

The 3 day My SPEAK program is designed to address the needs of children whose parents are going through separation, mediation or divorce. The program aims to increase resilience skills, self expression, self esteem and reduce feelings of isolation.

### **PALS Social Skills (3-6 years)**

The PALS Social Skills Program teaches children from 3 to 6 years of age about a variety of social skills including greeting others, listening, sharing, taking turns, dealing with feelings of fear, sadness or anger and solving problems. The program incorporates stories and music.

### **Drumbeat (Narrabri area only)**

Discovering Relationships Using Music, Beliefs, Emotions, Attitudes and Thoughts (Drumbeat) is a structured learning program using music, psychology and neurobiology to reconnect with ourselves and others.

For more information, or to make a referral for yourself, or someone else, call us on 1800 372 826.

[www.centacarenewsw.com.au](http://www.centacarenewsw.com.au)