

Mackillop Family Services

Early Help Program

At MacKillop Family Services, we provide a wide range of group programs tailored for children, adults, and families.

You will be receiving invites to participate in some of our groups.

Pathways to Success

A program designed to empower individuals with the skills, confidence, and resources needed to achieve their personal and educational goals. Through mentoring, career guidance, and skill-building workshops, participants gain practical tools and support to navigate their future paths successfully

Seasons For Growth

A support group for children, young people and adults experiencing loss or significant life changes.

What we do: Provide a safe space for our different groups to understand, process, and adapt to changes like family separation, grief, or moving.

Activities include: Creative arts, peer support, and learning coping skills in a caring environment.

Tuning into Kids & Tuning into Teens

Evidence-based parenting programs offered at MacKillop Family Services, designed to help parents and caregivers support the emotional and social development of children and teenagers.

Focuses on : building emotional intelligence and enhancing parent-child communication, aiming to improve resilience, empathy, and emotional regulation in young people.

Bringing up Great Kids

The program encourages parents to reflect on their parenting style, understand their child's developmental needs, and explore the impact of their own upbringing on their parenting approach.

Focuses on: promoting respectful, nurturing, and effective communication between parents and children.

Money Minded

A free financial literacy program that helps individuals and families build essential money skills. Learn practical tips for budgeting, saving, managing debt, and setting financial goals.

Peer Support Groups

Our Peer Support Groups offer a welcoming and safe environment for individuals to connect, share experiences, and support one another. These groups foster a sense of community and belonging, helping participants develop coping strategies, build resilience, and navigate life's challenges together.

Therapeutic Art

A supportive space for children and adults to develop social and emotional skills through creative expression. Using art-based activities, participants explore feelings, build self-confidence, and enhance communication skills in a safe and encouraging environment.

Circle of Security

A parenting program that helps caregivers understand and support their child's emotional needs, fostering a secure parent-child relationship. Learn how to strengthen attachment, build trust, and support your child's social and emotional development.

Upcoming: CUES

A neurodiversity parenting program designed to support caregivers in helping their children navigate transitions.

This group offers practical tools and insights tailored to the unique needs of neuro-diverse children, focusing on building resilience and easing transitions at home, school, and in the community.

Learn more about Mackillop's Early Help Program:
<https://www.mackillop.org.au/programs/early-help-family-service>