

## Our Program

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

Our programs are designed to build skills around wellbeing and family resilience. We aim to support you to increase your family's wellbeing, safety, connectedness and overall functioning. We provide short and long term case management as well as a range of courses to help you achieve this.

The program is open to self-referral.



*This service can not accept a referral for a child who is under the age of 16 and under the care of the Minister for Family and Community Services.*

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.

This program is  
funded by the  
Australian Government  
Department of  
Social Services

## Programs for Young People

To access these programs, families must be registered for case management under this service

### Resilient Kids (6-12 years)

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

### 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.

### RAGE (Re-navigating Anger and Guilt Emotions) (11-17 years)

RAGE is a 6 week strengths based course that aims to develop a young person's ability to manage overwhelming emotions such as anger and guilt.

### Managing the Bull

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

### 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.

### 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.

### CHILLAX

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

### 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.

Need a program but can't find anything that fits? Talk to our team about what other programs may be available to you and your community.

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



## Family Case Management

Our program focusses on building strength and resilience within families by assisting parents, carers, children and young people to enhance their wellbeing and relationships in a more positive way. We focus on children and young people, while supporting parents and carers to meet your family goals.



Family Case Management may help you if you have children aged 0-18, and:

- Your child is displaying signs of “out of character” or “at risk” behaviour;
- Your child is 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 or anxiety;
- You are having difficulty with family commitments and responsibilities and this is impacting on your kids; or
- You are not currently working with a family case manager.



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: [FRRP@centacarenenw.com.au](mailto:FRRP@centacarenenw.com.au)

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

or find us on Facebook:

[www.facebook.com/CentacareNENW](https://www.facebook.com/CentacareNENW)



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

Family Rural  
 Resilience Program  
 (FRRP)

Building stronger  
 families in our region

