

# FAMILY CARE & SUPPORT

*"The secret to successful caring is to seek help before a crisis situation occurs. Know your own limits and don't feel guilty about asking for help, sooner than later"*

Alzheimer Scotland

## WHAT WE DO

The Family Care and Support team assist and support families with children aged 0-12 years of age living in Campbelltown, Wollondilly and Camden areas. Family Support workers help with issues including but not limited to, Parenting Challenges, Linking in with services, Transition to school and Parental stress.

## HOW DOES IT WORK?

A Family worker can come to your home, talk to you on the phone, meet with you in a public place or in one of our offices located at Narellan or Minto. The Family Worker will take a holistic approach to your family/individual needs and develop a plan to work together to achieve your family goals whilst building on strengths.

The Family Support team develop a range of services that are available to families internally and externally that offer specialised assistance tailored to your family's Individual needs.

## CONTACT US

Referrals from individuals, families or agencies can be made by phone or email

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