# Hunter Family Outreach Project

Family Action Network

*The Hunter Family Outreach Project is a family support service offering a range of activities & assistance to families in the Newcastle, Lake Macquarie, Port Stephens and Hunter region of NSW.*

*All services are offered free to families who require some extra support.*



# Who are we?

The Hunter Family Outreach Project is part of The University of Newcastle's Family Action Centre. We believe that family members know what works in their own lives and our role is to help families make choices that build on their strengths and skills to work towards positive outcomes. We work to build upon existing family strengths by fostering positive family and community relationships.

We cover the following local government areas;

- Newcastle
- Cessnock
- Maitland
- Lake Macquarie
- Port Stephens.

We support families with children aged 0-17 years of age.

# Family Support

Our team will support your family using a case work model, which focuses on children growing up in a safe and supportive environment with nurturing parents and carers.

During your support period you will identify relevant goals to build on your existing strengths in the following areas:

- your relationship with your children
- your relationship with your partner and other people who support you in your role as a parent/carer
- supporting emotional regulation within the home
- your sense of belonging within your community
- skills you would like to learn as a parent/carer.

The Hunter Family Outreach Project is committed to innovative projects that support our families to flourish despite changes to health and wellbeing. Families do well when they are connected to each other and within their community.

# Parenting Programs

Our family workers are trained to facilitate parenting programs listed below at different times throughout the year. We can also run the parenting programs 1:1 to families on our case load.

## Parents under Pressure (PuP)

The PuP program is to help parents facing adversity develop positive and secure relationships with their children. The program is home-based and designed for families in which there are many difficult life circumstances that impact on family functioning.

## Circle of Security (CoS)

CoS is a relationship based early intervention program designed to enhance attachment security between parents and children.

## Tuning in to Teens (TiNT)

For parents of children aged 10+ years. TiNT provides parents with a greater understanding of their teen's emotional experiences while teaching specific skills that can assist in staying connected with the young person.

## 1-2-3 Magic and Emotion Coaching

123 Magic supports parents and carers to develop strategies to promote positive behaviour in their children aged 2 to 12 years. This program focuses on parents and carers strengthening their relationship with their child and providing consistent responses that works with a child's developing brain.

## Black Box Parenting Program (BB)

BB provides a safe and supportive environment for participants to reflect on their parenting, building attachment through play and develop strategies to manage the unique challenges that arise after trauma.

## Bringing up Great Kids (BuGK)

BuGK uses ideas of mindfulness and reflection to support parents to review and enhance patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity.

## The Shark Cage

The Shark Cage program supports adult women who have faced multiple instances of abuse in their lives. Women learn how to recognise their feelings, develop skills and heal their experiences. This is currently only being offered in a 1:1 setting.

# Supported Play Group

The Hunter Family Outreach Project run a supported playgroup at Waratah West Public School, commencing the second week of each school term. The Hunter Family Outreach Project's licenced facilitators provide a range of activities for children 0-5 years old. Our activities include sensory based activities, imaginary play, fine + gross motor play, as well as group time (storytelling, singing and rhyme).

Location: Leonora Pde, NSW 2298 Waratah West

Date: Every Monday in school Term

Time: 9:00am - 10:45am

# Contact Us


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The Family Action Centre


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