

A free information, education and outreach support service for families who require some extra support

The Hunter Outreach Program is a unique outreach service, offering support to families in the Lower Hunter area (Newcastle, Lake Macquarie, and Upper Hunter)

Our role is to;

Offer emotional and practical support when it is needed, identify goals and objectives with the family and provide information and referral to mainstream and specialist services. Our services are offered to families with at least one child under 18 years or families who are undergoing restoration plans for their children.

Parenting Programs provide parents with an opportunity to meet others and build on skills, making parenting more enjoyable.

These programs include;



Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of

university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

My Kids and Me

This course has been developed for parents whose children are in Statutory Care. The aim of this course is to give participants an opportunity to reflect on their experiences and provide an opportunity for change that encourages and strengthens the relationship between parent and child.



1-2-3 Magic



1-2-3 Magic focuses on managing "stop behavior" -- behaviors you want your child to stop doing -- and "start behavior" -- those actions you want to encourage in your child. During 1-2-3 Magic you'll discover easy-to-follow steps for teaching your children to learn how to manage their own behavior and follow instructions. For families with children 2 -12 yrs.



Raising the Growing Child (for parents/carers of Pre-Teens 6-12 yrs)

A 6 hour course delivered over 3 x 2 hrs sessions this program delivers a number of insights and strategies for the parent who wants to understand this stage of the child's development. Examines the effect the brain has on development, stages of child development, relationship building strategies, and how to maintain a successful relationship with the growing child.

Succeed with your Teens

A 6 hour course delivered over 3 x 2 hrs sessions similar to the Raising the Growing Child Program but developed for parents who are walking into that phase of parenting or who are already raising teenagers. This program has a particular emphasis on developing and maintaining the parent/teen relationship.





Creating Emotionally Resilient Families

A 6 hour course delivered over 3 x 2 hrs sessions Resilience is the ability to bounce back or even thrive during daily stressors or more challenging life events. The program delivers strategies for parents wanting to raise resilient children and develop a strong emotionally connected family.

Bringing Up Great Kids

A 12 hour program is designed to be delivered in 5 x 2.5hr session. The program 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.



ENGAGING ADOLESCENTS™
PARENT WORKSHOP

Engaging Adolescents

A 6 hour course delivered over 3 x 2 hrs sessions for parents and carers of teenagers to develop greater confidence in parenting adolescents and to build stronger relationships with their teens.



– Understanding change, loss and grief.

Explore the importance of feelings, memories, forgiveness, transformative change, choices and support networks in adapting to new or changed circumstances in your life. 4 sessions x 3 hours



Triple P – Group – For families with children living with you aged 3 – 8 yrs

This program is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

Delivers 17 strategies **over 8 weeks with four 2 ½ hour sessions** and 3 supporting telephone calls and 1 final 2 ½ session for discussion and planning for the future.

Triple P Group for Dads

The same as Triple P the **8 week program** but set as a Dads only format.

Triple P Seminars

Whether you just need reassurance that you are on the right track or maybe you are noticing a few problem behaviours that are becoming difficult to manage – Triple P seminars are a short, yet valuable introduction to positive parenting strategies. The seminars help you feel more confident and ready to deal with the common child behavioural and emotional issues. **Seminars are run over 3 session 1 x 3hrs per week.** Also useful as an introductory program for parents who are interested in attending the 8 week program.

The Parents Under Pressure (PuP) Program - The overarching aim of the PuP program is to help parents facing adversity develop positive and secure relationships with their children. Within this strength-based approach, the family environment becomes more nurturing and less conflictual and child behavior problems can be managed in a calm non punitive manner. The program is home-based and designed for families in which there are many difficult life circumstances that impact on family functioning

For further information on dates for
upcoming programs go to
resourcingparents.nsw.gov.au

Family Action Centre
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