

Program	Dates	Time	Fees	Delivery	Description	More Information
Parenting Children with ADHD	Jul 22 - Aug 5	6pm - 8pm	Conc \$50 Std \$70	Online	Parenting strategies for children with ADHD.	
Understanding the Impacts of Trauma	Jul 23 - Aug 6	11am - 1pm	FREE	Online	Helping children who have experienced trauma.	
Understanding Self-harm	Aug 14	6pm - 8pm	FREE	Online	Helps parents to understand what's behind self-harming behaviour.	
Keeping Kids in Mind	Aug 19 - Sep 16	6pm - 8:30pm	Conc \$70 Std \$120	Online	This program is for separated parents who are experiencing ongoing conflict.	
Modern Parenting in the Digital Age	Aug 21	11am - 1pm	FREE	Online	Provide whole house strategies to promote a healthy online home.	
Anger Management Coaching	Aug 28 - Sep 25	11:30am - 1:30pm	Conc \$70 Std \$120	Online	Helps support people to understand and cope with their feelings of anger.	
Engaging Adolescents	Sep 8 - Sep 22	11am - 1pm	Conc \$50 Std \$70	Online	An education program about resolving difficult behaviours in teenagers.	
Keeping Kids Calm	Set 10 - Sep 24	11am - 1pm	Conc \$50 Std \$70	Online	This program aims to enhance the understanding children's emotions.	



As a Social Service Agency, we exist to make a positive difference in all people's lives supporting children, adults and families throughout South West NSW.

PSYCHOLOGY

Our team of registered psychologists provide a range of psychological assessment and therapy services for children, teens, and adults

NDIS

As a registered and accredited NDIS provider, we help you navigate your NDIS journey confidently with our services in Support Coordination, Positive Behaviour Support, Psychosocial Recovery Coaching, Improved Daily Living and Early Childhood Intervention.

COUNSELLING

We offer a wide range of general counselling services to individuals, couples and families, as well as specialised counselling for child sexual assault, family disputes, family law and faith-based options.

SCHOOL WELLBEING SUPPORT

Our School Wellbeing Support practitioners work within pre-schools, primary and high schools with students, families and staff to help guide student academic, behavioral and social – emotional growth.

EMPLOYEE ASSISTANCE PROGRAM

Our Employee Assistance Program (EAP) provides professional counseling, guidance, and support to employees. We also guide employers on how to establish EAP services in their workplace.

FREE PRO-BONO LEGAL CLINIC

Our lawyers can provide general advice and assistance in a broad range of areas such as family law, employment, tenancy disputes, general litigation, crime and other matters involving domestic violence and AVO's.

REFUGEE & MIGRANT SUPPORT

Our Settlement, Engagement, and Transition Support (SETS) team assists newcomers to Australia in adjusting to their new environment, helping them feel connected and supported within their community.