










Program	Dates	Time	Fees	Delivery	Description	More Information
Parenting Children with ADHD	Oct 13 - Oct 27	6pm - 8pm	Conc \$50 Std \$70	Online	Parenting strategies for children with ADHD.	
From Survival to Connection	Oct 15	11am - 1pm	FREE	Online	Guiding you from survival mode to genuine connection, with tools to navigate challenges.	
Supporting Children Through Trauma	Oct 16 - Oct 30	11am - 1pm	FREE	Online	Helping children who have experienced trauma.	
Baby Brains	Oct 29	11am - 1pm	FREE	Online	Help parents understand the importance of healthy brain development.	
What's Behind the Behaviour	Nov 4	11am - 1pm	FREE	Online	Learn why children behave the way they do, and ideas to promote positive behaviour	
Anger Management Coaching	Nov 6 - Dec 4	6pm - 8 pm	Conc \$70 Std \$120	Online	Helps support people to understand and cope with their feelings of anger.	
Keeping Kids In Mind	Nov 11 - Dec 9	11:30am - 2pm	Conc \$70 Std \$120	Online	This program is for separated parents who are experiencing ongoing conflict.	
123 Magic & Emotion Coaching	Nov 12 - Nov 26	11am - 1pm	FREE	Online	Resolve difficult behaviour in children aged 2-12 years old.	
Self Care in Tough Times	Nov 17	11am - 1pm	FREE	Online	Prioritise self-care with practical tools to recharge, connect, and foster inner peace,	



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.