

Program	Dates	Time	Fees	Delivery	Description	More Information
Keeping Kids Calm	Apr 22 - May 6	11am - 1pm	Conc \$50 Std \$70	Online	This program aims to enhance the understanding children's emotions.	
Keeping Kids in Mind	Apr 23- May 21	11am - 1:30pm	Con \$70 Std \$120	Online	This program is for separated parents who are experiencing ongoing conflict.	
Families Connect	May 12	11am - 1pm	FREE	Online	Helps parents and carers build stronger, relationships with their children.	
Supporting Children through Trauma	May 26- Jun 9	11am - 1pm	FREE	Online	Designed to better understand how trauma affects a child's development.	
Anger Management Coaching	Jun 15- Jul 13	6pm - 8pm	Conc \$70 Std \$120	Online	Helps support people to understand and cope with their feelings of anger.	
Understanding Self Harm	Jun 24	11am - 1pm	FREE	Online	Helps parents to understand what's behind self-harming behaviour.	



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.

WHO WE ARE

WHAT WE DO

## 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.