

Our Children and Family Services offer you practical support through:

- Individual Family Support
- Home Visiting & Practical Support
- Supported Playgroups
- Parent & Baby Groups
- Dads Group
- Parenting Programs
- Parent Info Sessions
- Workshops for Children
- Infant Massage
- Community Engagement
- Breast Pump Hire
- Parent Resource Library



## NEED TO GET IN CONTACT?

**1300 646 444**

**[families@communityculture.org.au](mailto:families@communityculture.org.au)**

Children & Family Services are funded by the Department of Communities and Justice

To receive our events calendar, email us at [families@communityculture.org.au](mailto:families@communityculture.org.au)

***In 2024, Active Care Network and Peppercorn Services partnered under Community Culture to better deliver services in your area.***



**[communityculture.org.au](http://communityculture.org.au)**

# COMMUNITY *culture*



## CHILDREN & FAMILIES



## FAMILY SUPPORT

Individual Family support is a free service available to families in the Hawkesbury region. Our Family Workers offer home or centre-based visits to support you on your parenting journey. Visits include information on parent-child attachment, managing behaviour and child development, as well as access to parenting programs and referrals to specialist services.

## PARENTING PROGRAMS

### Programs for Parents include:

- Triple P Group
- Triple P Stepping Stones
- 123 Magic & Emotion coaching
- Tuning Into Kids
- Dads Tuning into Kids
- Circle of Security
- Anxiety Coach

## LINCS SUPPORT

LINCS Support is a volunteer based home visiting program for families with young children living in the Hawkesbury. Our trained volunteers offer friendly, caring support right in your home for a couple hours a week.

### How our Volunteers can help:

- Someone to play with your children while you take time for yourself or get things done
- A supportive presence for appointments, shopping trips, or even a walk in the park
- Have a chat over a cuppa with a compassionate, non-judgemental listener



## INFORMATION SESSIONS

**First Aid for Families**  
**Infant Massage**  
**Milestone Development**  
**Introducing Solids**  
**Sleep & Settling**

## PLAYGROUPS

**Supported Playgroups** run by qualified facilitators, offer parenting tips and connection while children build social skills and engage in songs, stories and play.

**Social Playgroups** prioritise connections with other families in a fun and safe environment. We offer Dads groups, Mum & Bubs group, and First Time Parent Groups.

## AND MORE!

- Breast Pump Hire service for new parents.
- Educational Workshops for children
- Community Events
- Support with advice, information and referral to other services.