

# Family Wellbeing Support Service

*Helping families thrive*

## *Is my child eligible for FWSS?*

Our FWSS is for families with a child or young person aged between 0-18 years who is displaying out-of-character behaviour, or experiencing a stressful life event, such as family separation, bereavement, bullying or settlement issues.

We can help families living in Melbourne's west, including the Cities of Brimbank, Hobson's Bay, Maribyrnong, Wyndham and Melton, as well as families living in Bacchus Marsh and surrounds.

## *What if English is not my first language?*

A special focus of the FWSS is supporting families from culturally and linguistically diverse communities, including families newly arrived to Australia.

We have bi-cultural team members who can assist and understand specific cultural issues for families new to Australian life. We can also arrange for an interpreter.

## *How can my family access FWSS?*

Families can come to the program through informal, word of mouth referral from a friend or family member, through schools, GPs or other community agencies.

## *Is there a cost to access FWSS?*

FWSS services are free of charge.

## *About us*

CatholicCare are experts in family-focused care and provide a range of counselling, education, community and pastoral services.

We support all people regardless of their religious belief or background.

## *Contact us*

### **Caroline Springs**

(co-located with Caroline Chisholm Society)  
1 Darebin Place

### **Melton**

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[www.ccam.org.au/fwss](http://www.ccam.org.au/fwss)

## *Our partners*

FWSS is delivered in partnership with MacKillop Family Services and the Victorian Cooperative on Children's Services for Ethnic Groups (VICSEG)

This programme is funded by the Australian Government Department of Social Services.  
Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



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*Strengthening families and communities*

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## *Life can be challenging*

We know that there are times in families when keeping everyone strong, happy and well can be challenging, especially during important life events, such as: moving to a new country and culture, a new baby, raising toddlers, relationship breakdown, family separation, solo parenting, raising teenagers and re-partnering.

These normal life events can be made more difficult by other stresses affecting families including:

- unemployment
- financial difficulties
- health issues
- mental illness
- family or parental conflict, and
- problematic alcohol or drug use.

Children and young people are particularly vulnerable to the stress of life transitions and they can sometimes become worried or anxious. It is times like these that parents might find themselves at a loss with how to help their children.

If you have noticed early signs of difficulties with emotions or behaviours in your baby, child or teenager – seeking support early for yourself and your children can prevent things getting worse.

**The Family Wellbeing Support Service (FWSS) can help your family to better deal with life's transitions and challenges.**

## *We can help*

We provide a free, flexible support service that enhances resilience, health and wellbeing for families with children up to the age of 18, including those from new and emerging communities.

By working with children, young people and their families, we can identify risk factors or issues that may lead to poor mental health outcomes later in life. Addressing these issues early can build resilience and reduce the likelihood of mental ill health in the future.

We can provide:

- Short-term support and counselling, information and guidance to support mental health, including support for parents to develop skills and increase confidence
- Longer-term support for families facing more challenging issues, focussing on the individual and collective well-being of all family members
- Information sessions and group programs which help increase family well-being, including strengthening relationships, bringing home a new baby, parenting with toddlers and teens, transitioning children to school, parenting through separation and many others
- Connecting families with other local, supportive services and activities which help to enhance mental health and well-being.

## *For happier kids and families*

Healthy relationships are the foundation for strong families. And a strong family means healthy, happy children.

FWSS is a child-centred, family-focused service committed to promoting family health and wellbeing.

We can help families to:

- Improve communication within the family
- Stay connected with their community
- Establish/improve routines
- Resolve conflict
- Build a strong support network
- Strengthen coping mechanisms
- Manage stress and anxiety
- Build resilience
- Manage the stress and anxiety that can come with moving to a new country

