

# Family Wellbeing Support Service (FWSS)



**Early intervention and prevention to support families in Melton and Bacchus Marsh, where a family member or child is at risk of developing poor mental health.**

## Who is FWSS for?

- Children and young people aged 18 and under and their families, living in the City of Melton or the Bacchus Marsh area.
- Family members or children who are at risk of developing mental health problems (however they do not need to have an official diagnosis of mental illness).
- Families experiencing stressful transitions such as divorce, separation, unemployment, a new baby, transitioning to primary or secondary school, or a death in the family, etc.
- Families experiencing challenging circumstances such as homelessness, drug and alcohol misuse, family violence or past trauma.
- Young people leaving out-of-home care or who are known to Child Protection (but not children under the care of the child protection system).
- Aboriginal and Torres Strait Islander families.
- People from culturally and linguistically diverse populations, including recently arrived migrants and refugees.

## How can a family access FWSS?

Families can be referred to FWSS by friends, family, schools, or other community services.

Alternatively, families are welcome to self-refer by contacting FWSS directly.

## How does FWSS help?

- **Short-term immediate assistance and information**, which may include up to six sessions of practical support, advocacy and referral to other appropriate agencies.
- **Intensive intervention and support**, provided over 6-12 months and focusing on helping the family to achieve their identified goals. Intensive support can include therapeutic one-on-one education for children and young people and/or their families, help with family communication and parenting strategies, practical help with family routines and activities for children. FWSS can liaise with other key agencies involved with the family, such as school wellbeing, and services can be provided to families in their homes.
- **Stress Busters** is a FREE anxiety management and wellbeing program for kids and pre teens. The program is comprised of 4x60 minute sessions, delivered in small groups at school, or one-on-one.
- **Family Wellbeing Workshops** are offered FREE to groups at community centres and schools. They cover a range of parenting topics (see overleaf for details).
- **Community development and mental health promotion.** We provide education and information on child development and mental health and wellbeing for parents and carers. We also offer professional development sessions for schools and playgroups.



### Hooked online - where do we draw the line?

Technology can provide hours of entertainment and can aid in child development. But how much screen time is too much? This workshop is for parents wanting to know more about the benefits - and pitfalls - of technology and provides practical tips on managing their child's screen time. (Single session workshop)



### Tuning into kids

Helping our children to manage their emotions and behaviour is important for a child's wellbeing- at all stages of development. This parenting program helps mums and dads to build strong relationships with their children enabling families to communicate, even in difficult times. For parents with children under the age of 10. (Six-week program)



### Tuning into teens

The adolescent years are among the most challenging for parents to navigate. This program helps mums and dads to build strong relationships and ensure positive interactions with their teenager- even in difficult times. For parents with children over the age of 10. (Six-week program)



### Stress Busters!

Helping children to manage their emotions is important for a child's wellbeing . This program helps primary school aged children to understand and manage their anxiety and anger. Outcomes include improved concentration at school and better relationships with family and friends. (Four-week program)



### Connect - building strong relationships with your children

The secret to happy, healthy, confident children is a closer connection with their parent. Bonding, being present, seeing things from their point of view, building trust; it takes time and hard work. This workshop teaches parents to recognise- and respond to- the signals that children make to connect with their parents. (Single session workshop)



### Bringing up great kids

This program- for parents with children under the age of 12- uses mindfulness and reflection to help parents examine and improve communication with their children. By building more respectful and positive interactions, parents can support their child's development and positive identity. (Single session workshop or six-week program)