

Child, Youth & Family Programs:

We offer a range of programs and groups that fall in the following categories;

- Social groups
- Parenting Skills
- Building Resilience
- Healthy Relationship groups
- Aboriginal drop-in & information
- Positive Health
- Lifestyle Changes

These programs and group can vary through “Community & Individual expressions of interest”.

Child, Youth & Family programs

Some FREE groups such as,

Trauma Support (Wrapped in Angels)

The program is designed to assist parents & children. Create your own blanket. The blanket is a tangible object to be wrapped in, to bring closer strengths, protection, connections and relationships. (no sewing skills required)

Circle of Security

The program is designed to assist parents/caregivers Improve their confidence in parenting. Relationship based program to enhance attachment security between parents and children.

DRUMBEAT

DRUMBEAT promotes social understanding and connection through a team drumming experience. It’s fun, safe and creative.

Engaging Adolescents

Assist Parents/Carers to learn some skills to make life with their adolescents more peaceful and enjoyable To give relevant information and practical strategies for dealing with adolescent behavior. The PASTA for teenager’s process is a series of steps to assist parents.

Hawkesbury Community Outreach Service Inc. (HCOS)

Child, Youth & Family Support Service Coordinator

Monday to Friday 9am to 5pm (hours may vary)

Ph: 4573 2922 Mob: 0414 455 233

E-mail: fs@hcos.net.au

Youth Workers

Part-time

Ph: 4573 2922 Mob: 0404 842 998

E-mail: yw@hcos.net.au

Main office located at:

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30 McMahons Park Rd, Kurrajong.

PO Box 220

KURRAJONG NSW 2758

Ph: 4573 1166

Fax: 4573 1088

Website: www.hcos.org.au

The Child, Youth & Family Support Service team are qualified, experienced, accredited facilitators.

Early Intervention and Placement Prevention (EIPP)

A community initiative funded by
HUMAN SERVICES COMMUNITY SERVICES



All families need extra support at times

Child, Youth & Family Support Service



Hawkesbury Community Outreach Services Inc



Child, Youth and Family Support Service



We acknowledge the Darug people as the traditional owners of the land we work on



What is the Child, Youth & Family Support Service Program:

A program that offers support services to individuals &/or families in the community who are experiencing difficulties.

Who is eligible?

Anyone residing in Hawkesbury Local Government Area. Families with dependent children 0-11yrs old, supported by Child & Family Support Service.

Individual &/or families with dependent children 12-18yrs old, supported by the Youth & Family Support Service.

How can a Support Worker assist my family?

We assist you to have confidence in your own matters by offering information, advice & support.

Information about and referral to other services.

Case Management may include home visits, or a location of your convenience.

Assistance with other services for example; NSW Housing, Centre link, debtors, counsellors, domestic violence, health services and others. Referrals to child/Youth related programs, behavioral programs and counselling.

Referrals to Parenting & Relationship programs and counselling.

Isolation Support

As a HCOS client you have the right to:

To have your cultural and religious beliefs respected.
To be able to cease the service at any time you wish.
Contact the HCOS Team Leader about any issue relating to the HCOS service.

Privacy and confidentiality
Be treated with respect and dignity and the choice to refuse service.
Negotiate how the program services are delivered to you.
Information on our complaints process.

The aim of our Program?

The HCOS Child, Youth & Family Support Service seeks to build on individual and family strengths, to work with families with dependent children to navigate their way through difficult times.

We believe that families/individuals themselves know best what support they need and we work with them to identify their needs and goals.

Cost? This is a free service.

How we work?

Referral- By Self, School or via another Service

Referral- After a referral is received by the Service the referral is considered by the Support team and a worker is then allocated to the individual & or family.

We contact you- The support worker will then contact you to make an appointment at a convenient time and venue for you.

Meet & discuss- The first meeting is about working out the issues you would like support with and how a support worker can be useful resource to you in addressing the issue/s.

Youth Programs:

Operates in High School

Free groups such as

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The Take A Stand Program

5week program designed to promote self-esteem and resilience. The program covers self-esteem, self-talk, healthy relationships & team work.

The Healthy Relationship Program

An extensive 8-week program designed to promote healthy relationships. The program covers our self-perception, types of relationship, maintain relationships, unhealthy relationships and healthy relationships.

Resilience Program

An extensive 8week program designed to promote resilience. The program covers the core elements of resilience including: identifying strengths, the importance of belonging, emotional awareness, communication skills, mindfulness/self-control, establishing support structures, humor as therapy, self-esteem/confidence and problem solving

