

# 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 anxiety or a stressful life event, such as family separation, bereavement, bullying or settlement issues.

We can help families living in Melton, Bacchus Marsh and Caroline Springs.

## *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, General Practitioners or other community agencies.

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

FWSS services are free of charge, although workshops with child-minding services will incur costs.

## *About us*

Relationships are at the heart of why CatholicCare exists. We help people to build positive relationships, and repair connections when needed.

CatholicCare is the social service agency of the Archdiocese of Melbourne and the Diocese of Sale. We provide a range of counselling, education, community and pastoral services.

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

Our vision is for a stronger, more resilient and inclusive society - where everyone can reach their potential and enjoy 'life to the full'.

## *Contact us*

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(co-located with Mackillop Family Services)  
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W: [www.ccam.org.au/FWSS](http://www.ccam.org.au/FWSS)

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



CatholicCare acknowledges the traditional custodians of the lands and waters of Victoria, and pays respect to Elders past and present.

- Greater Melbourne
- Geelong
- Gippsland

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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:

- anxiety or depression
- other mental illness
- unemployment
- financial difficulties
- health issues
- 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 advocacy, 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, focusing on the individual and collective wellbeing of all family members
- Information sessions and group programs which help increase family wellbeing, including strengthening relationships, anxiety management, parenting toddlers and teens, transitioning children to school and many others
- Connecting families with other local, supportive services and activities which help to enhance mental health and wellbeing

For more details about our FWSS programs and workshops please visit [www.ccam.org.au/FWSS](http://www.ccam.org.au/FWSS)

## 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-centered, family-focused service committed to promoting family health and wellbeing.

We can help families:

- manage stress and anxiety
- support children experiencing difficulty at school
- improve communication with their children
- stay connected with their community
- establish/improve routines
- resolve conflict
- build a strong support network
- strengthen coping mechanisms
- build resilience
- manage challenges that come with moving to a new country

