



# Parenting Program

Being a parent isn't easy and at times, all parents could use a little advice, information or support. Intereach Parenting Programs can help you tackle those tricky things which can arise at school, at home or with friends and family as your children grow through the developmental stages.

## ► So, how does it work?

Intereach works alongside you as a parent or carer to develop your skills and confidence.

This includes personal support, parenting groups, activities, information sessions and just providing general information that can help.

## ► Where is it available?

The Intereach Parenting Program is available in the local government areas of Edward River, Murray River, Murrumbidgee and Berrigan.

If you live in another area, please contact us and we will put you in touch with someone who can help.

You can drop in and see us at the Intereach Neighbourhood Centre in Deniliquin, phone us for a chat, or we can arrange to visit you in the community.

## ► Is there a cost?

There is no cost to access this general advice and support.



We pay our respects to the Elders, both past and present, and to those of the future, for they hold the memories, the traditions, the cultures and hopes of Aboriginal Australia.

Intereach acknowledges all traditional owners and Elders past and present, particularly the traditional custodians of the lands where our offices are located and the areas where we work.

### ► Need assistance to talk to us?

If you are deaf, or have a hearing impairment or speech impairment, contact us through the National Relay Service:

#### TTY users

Phone 133 677 then ask for 1300 488 226

#### Speak and Listen users

Phone 1300 555 727 then ask for 1300 488 226

#### SMS relay users

SMS 0423 677 767

#### Need an interpreter?

Phone 131 450

### ► Supporting Diversity

Intereach welcomes every person irrespective of gender or gender identity, age, Aboriginal or Torres Strait Islander heritage, cultural background, physical or intellectual abilities, country of birth, religious beliefs, sexuality and other real and perceived differences.

### Offices

Albury

Bendigo

Corowa

Cootamundra

Deniliquin

Echuca

Finley

Griffith

Hay

Kyneton

Maryborough

Mildura

Seymour

Shepparton

Swan Hill

Wagga Wagga

Intereach operate offices in locations throughout NSW and Victoria to deliver a wide range of support to children, families, carers, young people, people living with a disability and the general community.

Toll free **1300 488 226**

Email [intereach@intereach.com.au](mailto:intereach@intereach.com.au)

[www.intereach.com.au](http://www.intereach.com.au)

