

# Family Links

Family Links uses early intervention family work to support you to understand what emotional needs your child's behaviour is trying to tell you. We work with you to help you develop the skills to build a happier and more connected family

The Intereach Families team work with parents and carers with children aged 0-18 years, including expecting parents.

Parenting children and young people is one of the most important roles and we can all do with a helping hand from time to time. Using child-centred practice, we help parents and carers to enhance positive relationships with their children, increase family safety and wellbeing, and have fun through play and connection.

#### How does it work?

We offer a range of support such as:

- Working one on one to identify and achieve family parenting goals.
- Exploring information about child development and developing positive parenting strategies.
- Accessing parenting programs, offered in groups, individually or online.
- Assistance to begin a support group or playgroup.

- Transition to school workshops and information.
- Natural play and art in the park.
- Working with other organisations to empower families and communities.

#### Is there a cost?

Family Links is a free and confidential service.

### Where is it available?

Family Links is available in the Berrigan, Edward River, Federation, Greater Hume, Hay, Lockhart, Murray River, Murrumbidgee and Wagga Wagga local government areas.

## **Contact Us**

P: 1300 488 226 | E: family@intereach.com.au W: www.intereach.com.au

#### 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

**Voice Relay** Phone 1300 555 727 then ask for 1300 488 226 SMS relay users SMS 0423 677 767 Need an interpreter? Phone 131 450 then ask for 1300 488 226