

Family Support Services

Helping Children and Families Association: 0467 580 016 or 6776 6209 www.hcfa.org.au
 Opening Hours: 10-1 Mon, Wed & Thu
 HCFA welcomes babies and young children (0-5 yrs) into the community through its "Loving Care" volunteer home visiting program.

Family Support Service Armidale+ 50km: 6772 7243 89 Rusden St www.familysupport.org.au
 Opening Hours: 9-4 Mon-Thu

Counselling, groups, parenting support, advocacy, referral, supported playgroups and general assistance for all families with children under 18 years in Armidale, Uralla, Guyra and Walcha

Benevolent Society (Brighter Futures Program): 6772 1455 1/215 Beardy St
www.benevolent.org.au

Brighter Futures promotes strong, resilient and well-supported families. It is available to families with a child under 9 (or expecting) facing specific challenges. Services include case management, home visiting, quality childcare and supported playgroup/parenting groups.

NENW Family Referral Service (Pathfinders): 6771 2922 www.pathfinders-aus.org
 Pathfinders aims to make a positive contribution to the lives of children, young people and their families through the provision of appropriate support service.

Foundations Care: 6707 1000

armidale@foundationscare.org.au
 Foundations Care provides Out Of Home Care/Foster care to children aged 0-18 across the New England. The service supports children in Foster and Kinship Care, their carers and birth family.

Challenge Children's Services: 6771 5113

83 Rusden St www.challchildren.org.au
 Challenge Children's Services provides foster care and residential services for children 0-18.

Family and Community Services Centre:

6773 0200 www.community.nsw.gov.au
 Services for children and families where there is significant risk of harm to children.

Safer Options for Armidale (SOFA):

6772 9973 3/87 Beardy St
www.armidalewomenscentre.com

SOFA is here to support and to improve the safety and wellbeing of young people and their families in Armidale. A holistic support service for the whole family, recognising the need for individual support to each family member.



Foundations Care
 We give but never give up
FOSTER CARERS NEEDED...
 You can make a difference to a child or young persons life!

New carers are always needed!
 Do you have a safe, loving home?
 Maybe fostering is for you!

Foundations Care is looking for new carers from all walks of life. It is never too late to open up your home to a child in need.

For more information please contact our friendly team on: **(02) 6707 1000**
 Or drop into our office at:
121-123 Alingham St Armidale
 Monday-Friday



Children's Contact Service: 6763 2350 www.fjss.com.au

Opening Hours: 9-5 Mon-Fri, 10-2 Sat

An independent, impartial service for separated families for supportive supervised contact.

Centacare NENW and Family Relationship Centre: 6738 7200 3/150 Rusden St, Armidale.
www.centacarenenw.com.au

Education, information and support for families, including counselling for children, adults, couples and families. Mediation and post-separation information and courses also available. Parenting support and workshops for mums and dads, from toddlers to teenagers.

Australian Breastfeeding Association Helpline: 1800 686 268 (helpline)

ABA has a local support group meeting fortnightly on Thursdays. Contact Helen on 6772 5698. The ABA Helpline is open 24 hours. www.breastfeeding.asn.au

Armidale Babywearers Community: Armidale_babywearing@hotmail.com

Join us on Facebook for chit chat, advice, carrier information, enabling and dates for meetings.

Parent Education

A number of organisations (e.g. Centacare and Anglicare) run courses relating to health and wellbeing of children and families. Volunteers with Helping Children and Families may be available to accompany HCFA families to these courses.

Recipe – 15-minute Vegetable & rice dish

for lunch-box or side-dish or even a healthy breakfast

1 cup rice * 1½ cups water * vegetables * herbs * cheese (optional) * egg (optional)

Start steaming rice (saucepan or microwave). Add vegetables of your choice (carrots first) and herbs. Stir in some tasty cheese (cottage cheese makes it creamier).

(1) Serve as a risotto. (2) Stir in some beaten eggs and cook like (a) an omelette (fry in butter/coconut oil); (b) slice; or (c) spoon into muffin pans and cook in a moderate oven.

Suggested ingredients. Carrots, onions, greens, tomatoes, and mushrooms provide good variety. Try sesame seeds and pine nuts for added protein and texture.



Can you Help Us?

Helping Children & Families Association www.hcfa.org.au

HCFA is keen to hear from community members with ideas and resources or time to spend visiting families with young children. Please consider joining the organisation for \$5/year or making a tax-deductible donation. BSB 932000, Account 662528 in the name of HCFA.

Email coordinator@hcfa.org.au for enquiries and receipts.