

Nurturing Families

In partnership with Telethon Kids Institute



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womens health
& family services

Supporting and empowering women,
families and communities



womens health
& family services

ABN 81 007 269 571



AS/NZS ISO 9001:2008
QUALITY CERTIFIED
ORGANISATION

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Nurturing Families

This program is for:

- Women who are pregnant or have a baby under 4 years old and are using alcohol and/or other drugs
- Living north of the river
- Are not well connected to community services

We can work with you if you:

- Want to stop using alcohol and/or other drugs,
- Want to reduce your use, or
- Need help with other problems relating to your use.

We will support you to make positive changes in your own and your family's lives.

If you do not live north of the river, please contact us about other services we can offer you.

The Nurturing Families' Approach

We offer ongoing family support that can come to your home for approximately 2 years.

We can help you with:

- Building and maintaining a healthy family life.
- Making sure that children feel safe at home
- Setting goals and identifying steps to achieve them
- Getting alcohol and drug treatment
- Staying in recovery
- Connecting to other helpful services
- Transport to appointments
- Dealing with practical issues such as employment and education

Our workers provide practical help and long-term emotional support.

“ Before (this program) I never thought about goals. They showed me the right direction. They showed me that I am responsible. That no matter who I am or what I do, I am somebody. It is never too late. ”

PCAP Client

Nurturing Families is based on and endorsed by the Parent Child Assistance Program (PCAP) in Seattle Washington, USA.

Do I need a referral?

You do not need a referral for Nurturing Families. GPs, mental health clinics, health professionals and community workers are welcome to refer.

Costs

Nurturing Families is a FREE program.

Appointments and referrals

To find out more about Nurturing Families or to make an appointment, please email intake@whfs.org.au

If you do not have email or need to speak to someone, please call **(08) 6330 5400**.

Workers can send referrals to intake@whfs.org.au

Creche and interpreter services available.

