

who do we *help* ?

- families where parents are experiencing difficulties coping with the challenging needs of their children, or
- families where children are at risk of being harmed, abused or disadvantaged

where we work

The Family Support Program works in the Families SA areas of: Adelaide, Aberfoyle Park, Elizabeth, Enfield, Gawler, Marion, Modbury, Noarlunga, Salisbury and Woodville



in *partnership* with families

Referrals should be made on one our referral forms and sent to:

The Family Support Program

Family Support Program

4-8 Kent Town SA 5067

Enquiries

Phone 08 8131 3400

Fax 08 8131 3477

Email: family-support-program@anglicare-sa.org.au

www.anglicare-sa.org.au/family-support-team

The Family Support Program is a joint program of the State Government's Department for Families and Communities and Anglicare SA



family support program

ANGLICARE^{SA}

ANGLICARE^{SA}

family *support* program

Anglicare's *Family Support Program* works in partnership with families to develop self-reliance, resilience, and independence

we believe that...

- Families bring their own strengths to the work we do together
- All people are worthy of respect and courtesy
- People are their own experts
- Everyone is doing the best job they can
- It is better to look at solutions than analyse problems
- Everyone can change
- Everyone should be treated equally and fairly with regard to age, gender and race

we aim to...

- provide a home based service which focuses on a family's strengths. Our service is designed to help families identify their strengths, and work towards improving situations which are causing stress
- enhance the understanding of children's development
- help families to develop skills to improve communication, make decisions and solve problems
- work with families to develop skills in household management

what we *do*

The *Family Support Program* works with families to:

- promote appropriate strategies for parents, including child behaviour management and non-punitive parenting
- foster an understanding of child development
- develop social skills and resources, by linking families with the community, developing supportive networks, encouraging appropriate assertiveness and communication skills
- raise awareness of the dynamics of family violence
- encourage and strengthen skills in home management, budgeting, nutrition and personal health
- reinforce strategies designed to improve school attendance, protective behaviour and communication within the family
- help people to improve their decision making and problem solving skills
- advocate for families
- provide emotional support at times of crisis or trauma; but we are not a crisis intervention service

family *support* program

Anglicare's *Family Support program* has been around for more than 30 years, so we have developed a great deal of skill in working with families in their own homes

We are a creative team — we encourage innovative ideas and a flexible and adaptable approach to family work

how we *work*

Our strategies for working with families include:

- listening
- building trust
- identifying and building family strengths
- setting and reviewing achievable goals
- modelling techniques and skills
- organising groups
- linking families with community resources
- focusing on solutions
- encouraging resilience, self reliance and independence