

Family Support



Give your child  
the **best start**  
in life.

**Uniting**

# Give your child the best start in life with dedicated support to build your skills and confidence as a parent.

This booklet provides information on our programs that help you build the skills to give your child the best start in life.

If you're experiencing family violence, we also provide you information on programs that can help you find a safe and secure future for you and your family.

## Parenting and skills development

We offer one-on-one and group support as well as playgroups, so you can meet other parents, form friendships and share your experiences. Reach out if you:

- Feel isolated or lack support
- Are experiencing mental health concerns
- Have financial difficulties
- Are involved with child protection
- Are experiencing family violence.

If you're a new parent or are experiencing challenges with raising your family, we offer programs that can help to build confidence and skills in a safe and supportive environment. These programs fall broadly into the different stages of a child's life.

## Early parenting support

Our early parenting support programs give you information and support if you are an expectant mum or if you have a child up to 2 years.

We offer a welcoming space for all parents to help achieve the best outcomes for you and your child. Our programs can support you for a short or long time, depending on your needs.

### **Young parents**

If you're a young parent either completing your education or you need support to learn parenting skills, we offer a range of programs that can help you. Our programs offer classroom and in-home support, assistance with your personal goals, and connections with other services to help you continue your education.

You'll also get the chance to meet other parents in similar situations to you through our parenting groups. The aim is to help you feel more connected, less isolated and more confident as a parent.

### **School support**

If you have school-age children who are at risk of dropping out, we offer programs to support them to continue their education.

### **Family violence**

If you're experiencing family violence, we can offer the safety and stability needed to move forward with your life. We provide support for all those experiencing family violence.

#### **What is family violence?**

Family violence is any form of violence, abuse or threatening behaviour that's directed toward a family member, partner or household member.

Family violence does not have to be physical; it can also include any other form of behaviour that is coercive, controlling or causes fear. This can include:

- Physical, verbal, or sexual abuse
- Emotional, spiritual, economic, or psychological abuse
- The control or domination of another person.

## **Help is available**

You can expect to be treated with dignity and respect regardless of who you are. Our family violence programs offer counselling and group support to help you through what can feel like a lonely time.

## **Counselling**

If you would like support to work toward a safe and secure future, our counselling program offers you a safe environment where you can talk freely about your experiences.

We also offer support to help you with the ongoing effects of violence on adults and children. Our counsellors can help you connect to the crisis services you may need.

## **Group programs**

It can be helpful to share your experiences . We offer group programs in a safe and supportive environment where you can make connections and share your experiences to help you and your family work towards a safe future.

## Where to get help



### **Bayside Peninsula and Southern Melbourne**

**T** 03 8792 8999

### **Banyule, Darebin, Nillumbik, Whittlesea and Yarra**

**T** 03 8470 5000

### **Casey**

**T** 03 9794 0725

### **Darebin**

**T** 03 8470 5000

### **Wimmera**

**T** 03 5362 4000

### **Central Highlands**

**T** 03 5332 1286

### **Hume Moreland**

**T** 03 9351 3600

### **Maroondah**

**T** 03 9724 2222

### **Gippsland**

**T** 03 5144 7777 (Sale)

**T** 03 5152 9600 (Bairnsdale)

**T** 03 5662 5150 (Leongatha)

### **Whitehorse**

**T** 03 9875 4222

### **Whittlesea**

**T** 03 9192 8100

### **Wyndham**

**T** 03 9051 2000

### **Tasmania**

**T** 03 6244 1144

Visit

**[unitingvictas.org.au/family-violence-services](http://unitingvictas.org.au/family-violence-services)**

## About Uniting

Uniting has stood with local communities in Victoria and Tasmania for more than 100 years, delivering services to people of all ages.

We work in solidarity with Aboriginal and Torres Strait Islander people as Australia's First Peoples and as the traditional owners and custodians of this land.

We celebrate diversity and value the lived experience of people of every ethnicity, faith, age, disability, culture, language, gender identity, sex and sexual orientation. We welcome lesbian, gay, bisexual, transgender, gender diverse and non-binary, intersex and queer (LGBTIQ+) people at our services. We pledge to provide inclusive and non-discriminatory services.

## Where to get help

Our programs vary region to region. Call your local Uniting location to find out what is available to you.

Interpreters available on request.

[unitingvictas.org.au](http://unitingvictas.org.au)

