

Junaya Family Development Services

Is a Community Based Family Support organisation for families with children 0 - 18 years old. JFDS runs a specialist project which supports families with children or young people experiencing learning difficulties and/or challenging behaviours within the Blacktown LGA.

We also offer Family Development Programs for the broader Western Sydney area that provide empowering, effective, efficient, and potentially transforming strategies, tips and resources which families can use to make positive change in their lives.

Contact: Enquiries
info@junaya.org.au
 ph: 9621 3922
 fax: 02 9831 7966

Address:
 S3, 45 Fourth Avenue
 PO Box 8481
 BLACKTOWN NSW 2148

JUNAYA FAMILY DEVELOPMENT SERVICES

www.junaya.org.au

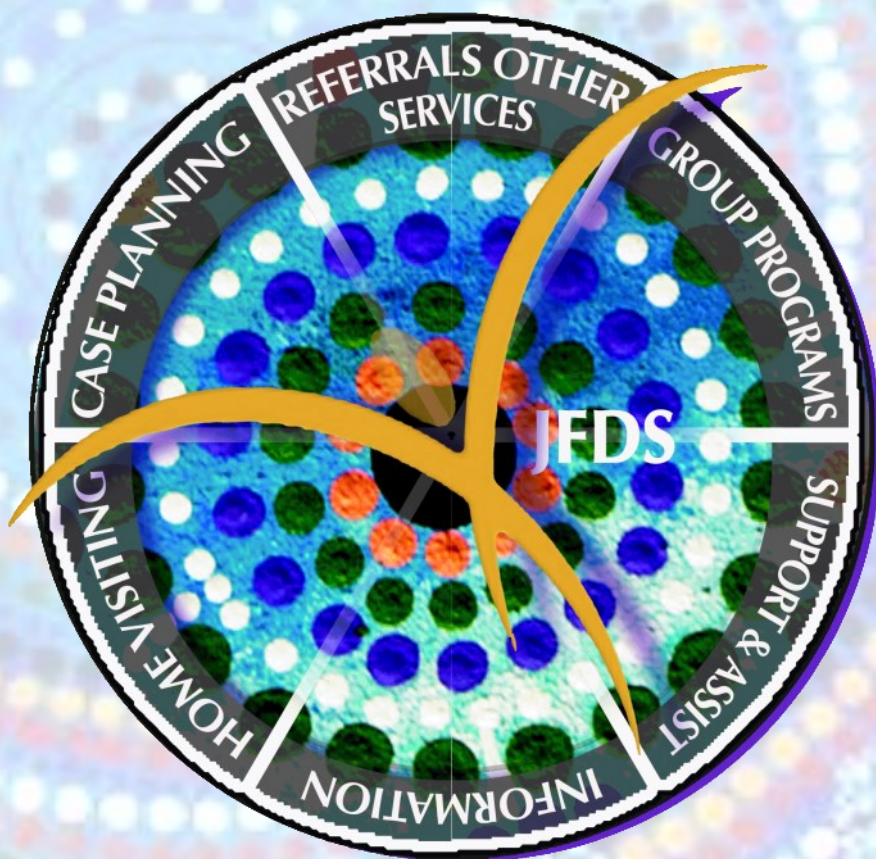
Junaya Family Support Services for Families with kids 0-18 yrs old

.....within the Blacktown LGA. We can help Mums, Dads, Grandparents, Aunties & Uncles with information, referrals, resources and support.

- ▶ **Helps make positive changes in your lives**
- ▶ **Helps families keep kids safe**

JFDS's Early Intervention Program

- ▶ can help families for about 12 weeks, with
- ▶ six available services



Artist: Lani Balzan

Artwork: Songlines Tie All Aboriginal People Together 2016

Helping families keep kids safe and grow up strong, proud kids.

Please give our Aboriginal Family Support Workers a call on:
Phone: **02 9621 3922** | or | email: **info@junaya.org.au**



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R.I.S.E | RESOURCEFUL INDEPENDENT SKILLING EMPOWERMENT

DEVELOP YOUR PARENTING SKILLS

Strengthen Skills for Parenting whilst Working Towards:

- ▶ Cert II Business
- ▶ First Aid Certificate

Topics

*A 12 week Course including
the following topics:*

- ▶ **Communication Skills**
Develop skills to communicate more effectively with your child and others
- ▶ **Planning & Organisation**
Routine and Structure both in and out of the home
- ▶ **Time Management**
Making the most of the time with your children inside and outside the home
- ▶ **Keeping the Home Safe**
Recognise any hazards and learn how to manage these
- ▶ **Problem Solving Skills**
Strategies for managing problems and conflict as it arises

JobQuest
Connecting People and Skills

JFDS Partnership:

*This course is being delivered in partnership
with JobQuest (RTO 90187)*

*Eligibility Criteria:

*Other eligibility criteria apply for this Course.
Please check with Junaya Family Development
Services when Booking.*

When: Dates, Times &
Venue will be advised
at time of Registration

Who:
Parents & Carers with children 0-12y.o.*

BOOKINGS ESSENTIAL

For further information, expressions of interest & to make bookings,
Please phone: 9621 3922



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Ph (02) 9621 3922
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ABN 41 625 162 199

Accredited to deliver MHFA
Courses by MHFA Australia



**MENTAL
HEALTH
FIRST AID**
www.mhfa.com.au

YOUTH MENTAL HEALTH FIRST AID

This Course teaches Parents/Carers (18 yo+) how to provide initial support to Adolescents (12 yo+)

Mental health first aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis (e.g., the person is suicidal or has had a traumatic experience). Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.

Mental health first aid strategies are taught in evidence-based training courses authored by Mental Health First Aid (MHFA) Australia and delivered by accredited MHFA Instructors across the country.

Junaya Family Development Services offers MHFA Courses as authored by MHFA Australia, delivered by Instructors who are currently accredited by MHFA Australia.



The 14-hour Youth Mental Health First Aid (MHFA) Course teaches Parents/Carers (18 years and over) how to provide initial support to adolescents (12 years +) who are developing a mental illness or experiencing a mental health crisis.

When: During School Terms
2016/2017

Where: Venue to be advised
on Booking
Blacktown LGA

REFRESHMENTS PROVIDED

Duration: 4 weeks

Time: 9.30am — 12.30pm

Free

Topics covered include:

- ◇ Depression
- ◇ Anxiety problems
- ◇ Psychosis
- ◇ Substance use problems
- ◇ Eating disorders

****Bookings Essential**

**For further information, expression of interest and bookings
Please phone: Jenni Goodwin 9621 3922 or check out www.mhfa.com.au**

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Caring for Kids with ADHD

A FREE PARENTS EDUCATIONAL WORKSHOP

Including the Following Topics

- ▶ Understanding ADHD
- ▶ Duration: The three "R"s of Parenting
- ▶ Using Reward Systems
- ▶ Time Out Strategies
- ▶ Liaising with your Child's School
- ▶ Self Esteem
- ▶ Parental Burnout
- ▶ Referrals for Further Support
- ▶ Grief and Love Loss Issues
- ▶ Love Languages

BOOKINGS ESSENTIAL

When:

Dates from - to | 2017

Duration:

7 sessions - once a week

from: 3 hours

Where:

tbd,

Who:

Parents, Carers, Grandparents
Anyone interested in learning
about ADHD.



www.junaya.org.au

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Please phone 9621 3922



1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

A PARENT EDUCATION COURSE

Resolve Difficult Behaviours in Children 2-12 years old.

When:
During Public School Terms

Duration:
1 morn/afternoon per week:
From to Dates | # weeks

Where:
tbd
address

Who:
Parents & Carers

Childcare:
FREE child care available.
please ask when booking

BOOKINGS ESSENTIAL

Topics

*A 4 week Course including
the Following Topics:*

- ▶ Engage your child's cooperation
- ▶ Setting clear expectations in the home
- ▶ Brain development in children
- ▶ A model for responding to conflict
- ▶ Strategies for being a calm parent
- ▶ Using emotion coaching to encourage good behaviour
- ▶ Choosing your strategy - 3 choices

What People are saying:

"What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!"

This Course:

Is being run by a **Parentshop®** licensed practitioner.

**For further information, expressions of interest & to make bookings,
Please phone 9621 3922**



Small Changes, Big Differences.



free

*Mums, Dads & Carers living in the
Blacktown Local Government area with
children 0-12 years are invited to attend a*

Triple P Positive Parenting Program

Triple P is a parenting program for all families that provides practical answers to everyday parenting concerns.

Triple P helps parents to promote your child's development and communication skills, manage your child's behaviour and emotions, build a good relationship with your child and **take care of yourself** as a parent.

- Duration:** 8 Weeks
Frequency: 2 times a year
Time: 2 hours per week, during public school terms
Venue: Blacktown Local Government Area

Bookings Essential

**For further information, expression of interest and bookings,
Please phone: 02 9621 3922**

Social Skills Program

Stop, Think, Do



Program Details

When:

During Public School Terms

Frequency:

4 times a year

Where:

Blacktown

Local Government Area

Duration:

1 afternoon a week

8 weeks

Time:

3:45pm to 5:30pm

Age Groups:

8 to 9 years old &

10 to 12 years old

WHAT IS THE STOP, THINK, DO PROGRAM?

Children learn better when they have positive social interactions and this is important both with other children at school and also their teachers.

Helps develop positive social skills that will assist children in forming and maintaining friendship both in school and other areas of their life.

THE PROGRAM AIMS TO HELP CHILDREN LEARN TO:

- ✓ Listen and talk with others
- ✓ Understand other peoples feelings
- ✓ Express their own feelings appropriately
- ✓ **STOP and THINK** before they act, and therefore, make positive choices and decisions
- ✓ Make and keep friends
- ✓ Learn self assertive skills in how to assert themselves positively
- ✓ Cope with and learn strategies to deal with negative pressure, teasing and bullying
- ✓ Work in groups and help each other

Bookings Essential

**Children from ALL
Areas Welcome!**

Free

**For further information, expression of interest and bookings,
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ENGAGING ADOLESCENTS™ PARENT COURSE



*Parenting skills course for Mums & Dads & Carers for
responding to teenage behavioural challenges*

When: During School Terms
Where: Blacktown Local Government Area
Who: Mums & Dads & Carers
Cost: FREE!

During school hours



Topics covered:

- ◆ Common ground shared by parents & reasonable expectations to hold about adolescents
- ◆ New understandings of adolescence
- ◆ A three-option model & flow chart for decision-making
- ◆ Self check-in, first - for parents
- ◆ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ◆ Skills for tough conversations for handling those problems you just can't ignore

What parents have said...

"A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome."

"A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case."

Bookings Essential

free

For further information, expression of interest and bookings,



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BOOKINGS ESSENTIAL



A COMMUNITY OF SUPPORT FOR AUTISM

AUTISM SUPPORT IN BLACKTOWN

Day /Time:

Venue:

Cost: FREE Monthly Support Group

For more information:

www.autismcommunity.org.au or 9584 0073

Tel: (02) 9584 0073 | 0431 724 229
5/154 Broadarrow Rd Riverwood NSW
PO Box 188 Riverwood NSW 2210
info@autismcommunity.org.au
www.autismcommunity.org.au
ABN : 64 103 662 535

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R.A.G.E. Renavigating Anger & Guilty Emotions

A FREE ANGER MANAGEMENT COURSE FOR **ADOLESCENTS**

BOOKINGS ESSENTIAL

When:

During Public School Terms

Duration:

1 afternoon a week
for 6 weeks

Where:

Blacktown LGA

Who:

Adolescents 11-17 years old.

R.A.G.E. is a 6 WEEK COURSE Including the Following Topics:

- ▶ The Many Faces of Anger
- ▶ The 4T's Anger Cycle
- ▶ Healthy Expressions of Anger
- ▶ Getting through the Guilt of Anger
- ▶ Relaxation
- ▶ Exercise
- ▶ Diet

**For further information, expressions of interest & to make bookings,
Please phone 9621 3922**

Early Intervention & Prevention Program [EIPP]

EIPP endeavours to deliver a broader range of less intensive early intervention services to support and meet the needs of: vulnerable children, young people and families who fall below the new threshold for statutory child protection intervention.

EIPP Services include:

- ▶ Home visiting
- ▶ Assessments | Case Plans | Goal Setting
- ▶ Advocacy | Support and Assistance
- ▶ Consultation | Information & Resourcing
- ▶ Referrals to appropriate services
- ▶ Family Development work programs
- ▶ All groups are free



Criteria

Case Management / Casework

- ▶ The family must - reside in the Blacktown LGA
- ▶ Have a child and/or young person between the ages of 0-18 years in their care

Family Development Groups

- ▶ For Dads, Mums and Carers in the Blacktown LGA & the wider Western Sydney community
- ▶ Groups run every School Term
- ▶ Bookings in advance are essential. Please call to place your name on a waiting list
- ▶ All groups are free of charge | project funded

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