



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

Term

Welcome!

Welcome to the edition of the ISLHD School-Link Newsletter!

This Term's focus is on eating disorders. Topics covered include;

- What is an eating disorder?
- Identifying the signs and symptoms of eating disorders.
- The role of school staff
- Resources for schools for learning and development
- Staff wellbeing
- Your local eating disorder coordinator

About School-Link

Aims of the School-Link Initiative:

- Early identification of mental health issues
- Provide access to evidence-informed mental health programs in schools and TAFEs
- Early-access to specialist mental health services
- Support for the recovery journey

Eating Disorder Coordinator

The Eating Disorder Coordinator in your local health district provides clinical consultation and support to health professionals and teams treating people with eating disorders. This service is only available for health professionals/school staff.

The ISLHD Eating Disorder Coordinator is a shared position with Vanessa Allen and Amelia Logan Ph: 0436 656 823. 0458 799 478

Emails: Vanessa.allen@health.nsw.gov.au & Amelia.logan@health.nsw.gov.au

Circulation

- Principal
- Deputy Principals
- Counsellors
- Head Teachers
- Year Advisors
- HT Welfare
- LS Team
- SSO
- PD/H/PE
- Staff Room
- Students

ISLHD School-Link Website

Resources from NSW School-Link teams:

<https://www.islhd.health.nsw.gov.au/services-clinics/school-link-illawarra-shoalhaven>



Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)

Child, Adolescent & Youth Mental Health Service (CAYMHS)

Level 7, 5 Bridge St, Coniston NSW 2500

David Bunder: School-Link Coordinator

Mobile: 0427 424 514

Email: david.bunder@health.nsw.gov.au

Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

Email: Johanne.Sneddon@health.nsw.gov.au

What is an eating disorder?

Eating disorders are serious, complex mental illnesses with physical and mental health complications.

More than 1 million Australians are living with an eating disorder; which is approximately 4% of the population.

Being informed about the warning signs will help school staff to recognise when a student may be experiencing an eating disorder.

Signs and symptoms

- Restrictive eating or dieting
- Changes to eating habits, eating only certain types and amounts of foods
- Avoiding social situations that involve food
- Playing with food
- Going to the bathroom straight after meals
- Wearing loose clothing
- Sensitivity to the cold
- Excessively exercising
- Sudden changes in weight
- Fainting or dizziness
- Fatigue
- Preoccupation with body image, weight and food
- Becoming irritable or withdrawing from friends

The role of school staff

Schools can play an incredibly important role in the prevention, identification, early intervention and recovery of a student, in partnership with parents and clinicians.

The Butterfly Foundation

- <https://butterfly.org.au/school-youth-professionals/for-schools/staff-professional-development/>

The Inside Out Institute for Eating Disorders

- <https://insideoutinstitute.org.au/>

National Eating Disorders Collaboration

- <https://nedc.com.au/assets/NEDC-Resources/NEDC-Resource-Schools.pdf>

Nourish, Nurture Notice Program

- <https://edfa.org.au/nourish-nurture-notice>

Staff wellbeing

When a student is experiencing an eating disorder it can be extremely challenging for all members of the school community, especially those who may have had their own lived experience of an eating disorder (past or existing, for themselves or as a caregiver).

It is important that staff;

- Always maintain professional boundaries.
- Practice self-care and share their concerns with relevant school staff.
- Seek support from the relevant Employee Assistance or their own GP.

Crisis services

- Lifeline on **13 11 14**
- Kids Helpline on **1800 551 800**
- Beyond Blue on **1300 224 636**
- Mental Health Line on **1800 011 511**
- Suicide Call Back Service on **1300 659 467**
- Aboriginal & Torres Strait Islander crisis support line 13YARN on **13 92 76**

Eating Disorder Support

- The Butterfly Foundation **1800 33 4673**
- Mental Health Line on **1800 011 511**

Nourish, Nurture, Notice

Information for impact partners

[The Embrace Collective](#) and [Eating Disorders Families Australia](#) are pleased to share a new free resource for families to assist in the early identification of disordered eating behaviours and prevention of eating disorders in young people—the [Nourish, Nurture, Notice](#) program.

About the program

The *Nourish, Nurture, Notice* program is designed to empower parents and carers of school-aged children to notice early signs of disordered eating, and take action before eating disorders develop. There are two opportunities for parents to engage:

- 1) **30-minute masterclass:** A free online video that outlines the early signs of disordered eating, with advice from a pediatrician, paediatric dietitian and lived experience parents and carers.
- 2) **Drop-in sessions:** Free online drop-in sessions for parents and carers to connect with paediatric dietitian Dr Lyza Norton, as well as parents who have been there. Come along with your morning coffee to ask questions and raise concerns—there's no pressure, just support!

This program fills a significant gap in the secondary prevention and early identification space, and contributes towards the implementation of the [National Eating Disorders Strategy](#).

How you can help

Please help us reach families in need by sharing this program through your organisation's marketing channels, such as your social media, newsletter or resource lists. Ready-to-share materials are provided below. You are also welcome to create your own materials in line with your organisation's brand guidelines.

You can find suggested social media content [here](#).

You can find suggested newsletter content [here](#).

You can find branding information for The Embrace Collective and Eating Disorders Families Australia [here](#).

Please also share this document with other organisations in your network who communicate with parents about mental health, in order to spread the word about this new program in ways that will support families and young people.

Please direct any enquiries to:

The Embrace Collective: Claire Groves, claire@theembracecollective.org

Eating Disorders Families Australia: Tracey Adamson, tracey.adamson@edfa.org.au

Nourish, Nurture, Notice

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Eating Disorders Families Australia: Tracey Adamson, tracey.adamson@edfa.org.au

Intellectual Disability Mental Health School-Link

Intellectual Disability Mental Health (IDMH) School-Link supports schools to better respond to the mental health needs of children and adolescents with intellectual disability (ID) and autism. Young people in this group experience significantly higher rates of mental health difficulties, (41% and up to 75% for autistic children) compared with the general school-aged population. These challenges are often compounded by complex health issues and communication differences.

Consultation

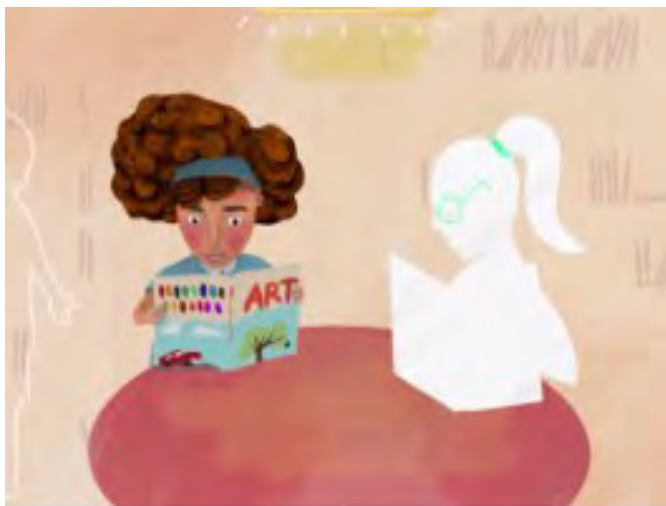
IDMH School-Link provides support and advice to schools on relevant mental health services for children and adolescents with intellectual and developmental disabilities. Support is available via phone or email.

Research

The team are currently engaged in a feasibility study of an English version of a self report wellbeing measure for adolescents with intellectual disability. Schools are invited to participate.

Professional Learning

The website hosts a **webinar series** developed by School-Link and Mental Health Intellectual Disability Hub. These webinars cover a wide range of topics relevant for professionals working with young people with ID.



Online Journal

An informative free online journal called *The Journal of Mental Health for Children and Adolescents with Intellectual and Developmental Disability: An Educational Resource* is available on our website. It is distributed once a year.

Behaviour Tip Sheets

A comprehensive set of behaviour tip sheets have been developed for parents, carers and school staff in long versions, short versions, Arabic, Simplified Chinese and Vietnamese. The topics include: anxiety, aggression, navigating adolescence, sensory processing difficulties and self injury.

Information Resources

Resources such as **Meet Jessica** provide schools with practical guidance on understanding mental health needs and making reasonable adjustments for students with intellectual and developmental disabilities. This pack is suitable for staff meetings and supervision.

Mental Health Promotion Programs

The website lists evidence-based programs suitable for school settings including **The Feelings Program**, **Stepping Stones Triple P** and others tailored for students with intellectual and developmental disabilities.

Communication and Updates

Schools can join the **IDMH School-Link e-List** to receive the journal and **newsletters**. The newsletter is distributed regularly. [Email](#) to join.

Key Contacts

IDMH School-Link Team 02 9845 2005

Email : SCHN-CHW-schoolink@health.nsw.gov.au

Website: www.mhidkids.info

Supporting the mental health of young people with intellectual disability and autism

Staying Connected When Emotions Run High

An intervention for Families & Carers

This **FREE** workshop will provide you with additional communication skills to support someone (12+ years) who experiences any of the following:

- Relationship difficulties.
- Changing emotions and strong overwhelming feelings that can make communication difficult.
- Sometimes behaves in a way that makes them a danger to themselves or others.

(Diagnosis is not necessary as the frameworks and relationship strategies introduced should be helpful to all.)

Workshop presented by,
Dr Annemaree Bickerton &
Toni Garretty
Mental health facilitator and trainer



Details: Tuesday April 28th 2026
9:30-3:30pm

(Please arrive between 9am and 9:15am
for registration)

Venue: Juniors Kingsford
558A Anzac Pde Kingsford 2032

Cost: FREE for Families & Carers
(Morning Tea & Lunch provided)

Registration Essential. Please ensure you register your attendance via the QR code or link. Registration will be confirmed through Eventbrite.

Scan the QR Code to register



<https://StayingConnectedWhenEmotionsRunHighKingsford280426.eventbrite.com.au>

Registration is essential

For enquiries please email:
FamilyandCarer@stride.com.au

Proudly sponsored by:

STRIDE For better
mental health



“Staying Connected When Emotions Run High”



Photo supplied by: Stonemeadow Photography

An introductory workshop
for **Professionals**
who work in **Government**
and **Non-Government**

STRIDE For better
mental health

Proudly facilitated by

Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and
Toni Garretty (Mental Health Educator)

Hosted by – Stride, Family & Carer Mental Health Program

Staying Connected When Emotions Run High is a set of Five Strategies empowering professionals to be a resource to a person in distress. The training is proudly facilitated by Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and Toni Garretty (Mental Health Educator).

Professionals will learn about the typical relationship patterns "fear and worry dances" which instinctively activate between closely connected humans in distress.

Participants will be invited to think how they may utilise the strategies to manage their own "dances" in their professional lives and how to use the strategies to educate the families, carers and clients when symptoms of distress are high. These symptoms are most commonly experienced by people with mental health issues, substance misuse and or developmental disorders.

Learning outcomes

- Increased understanding of emotion dysregulation
- Identify the "four carer dances" and their role in emotion dysregulation
- Knowledge of the "five key relationship strategies" in order to become a helpful resource to someone in distress
- Understanding "relationship triangles" – Karpman's Model
- Introducing the concept of Safety Planning "Like a Fire Drill" to promote safety when distress or risk escalates

A workbook and certificate recording 6.5hrs training will be supplied.

“Staying Connected When Emotions Run High”

If you are working within the *ISLHD, Mental Health*, please disregard this flyer and contact Danielle/Stride – familyandcarer@stride.com.au for further details to register on scholarship.

Venue: Worrigee Sports Club –
131 Greenwell Point Road, Worrigee NSW 2540

When: Tuesday 26th May 2026

Time: 8:40am for registration (9am start) to 4:30pm.
Registration Open

Completed registration, dietary needs and payment by **Thursday 25th May 2026.**

COST \$95 per person- Morning tea, lunch, workbook and certificate provided.

Payment & Bookings can be made via: TryBooking



<https://www.trybooking.com/DKKAF>

REGISTRATION: Please complete payment and relevant questions for the event in Trybooking

Further enquiries: familyandcarer@stride.com.au

Operation Blue Card

*Everybody can have difficulties in life, many of these difficulties we can solve ourselves,
but sometimes we need help.*

It can be hard and sometimes an impossible task for anyone in crisis to summon up the courage and the words to ask for help.

The Blue Card can reduce the difficulties young people may have when they are struggling to ask for help. Simply handing a Blue Card to a friend, colleague or trusted adult can inform them that help is being requested and the Blue Card provides advice on how to provide that help.

Seeking help can be the first step towards recovery.



Blue Cards are provided free to organisations operating within the Illawarra and Shoalhaven. Organisations outside of the Illawarra and Shoalhaven are charged a small fee to cover postage.

**FOR MORE INFORMATION ON THE BLUE CARD, OR TO ORDER CARDS,
PLEASE GO TO:**

<https://www.sspan.org.au/blue-card/>



SSPAN is a network of representatives from local services and community organisations. We work closely with the community to raise awareness on suicide with the aim to reduce the impact of suicide in the Shoalhaven.

ON THE COUCH

UNCOVERING SEXUAL WELLNESS
CONVERSATIONS THAT MATTER

ON THE COUCH
UNCOVERING SEXUAL WELLNESS
CONVERSATIONS THAT MATTER

with
Karina REEVES & Leon HUXTABLE
Thurs 20th August
11am-12pm




**CULTURALLY RESPONSIVE
SEX EDUCATION IN PRACTICE**
On The Couch Podcast
www.caddyshackproject.com

C

ON THE COUCH
UNCOVERING SEXUAL WELLNESS
CONVERSATIONS THAT MATTER

with
Dr Melissa KANG & Yumi STYNES
Thurs
28th May
11am-12pm




**TALKING ABOUT
SEX, BODIES & CONSENT**
On The Couch Podcast
www.caddyshackproject.com

C



ON THE COUCH
UNCOVERING SEXUAL WELLNESS
CONVERSATIONS THAT MATTER

with
Lauren FRENCH
Thurs 16th July
10am-11am



**LOUD, BLACK &
PLEASURE-FOCUSED**
On The Couch Podcast
www.caddyshackproject.com

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SCAN QR CODE TO
REGISTER FOR OUR WEBINARS



Arts & Craft Group

A creative, drop-in space for ages 12-25! Join in on fun activities like collage, beading, or bring your own projects to work on. Whether you're here to create, socialize, or just hang out, there's no commitment—come and go as you please, as often as you like!

Fortnightly on Tuesday afternoon 4:30- 6:00 pm

Want to join our arts and craft group?

<https://forms.office.com/r/QJp9uGJdvwading>



headspace Shellharbour
172 Shellharbour Rd, Warilla NSW 2528

 **headspace**
Shellharbour



headspace Work and Study Online can help

Are you supporting young people who don't know what's next in their work or study journey after school?

headspace Work and Study Online Support is a free online service delivered over the phone, webchat or video chat to support 15-25 year olds with planning and achieving their work and study goals. We can support young people you work with to identify post school options and to transition from school to employment, further study or training.

Our team is made up of Work and Study Specialists as well as Mental Health Clinicians who can support young people with any mental health related barriers to their work and study.

We can help young people with:

- Further education planning, course selection and enrolment
- Career, industry and labour market research
- Job seeking skills and tools
- Resume and job application support to find work
- Support starting work or further study
- Balancing mental health and wellbeing with work or study
- Navigating Centrelink and other government support options

To refer:

Young people can be referred via the referral portal. Our intake team is available on 1800 810 794 for any questions.



Refer: externalreferralportalhws.headspace.org.au

what is headspace Work & Study Online Support?

headspace Work & Study Online Support is a free service to support 15–25-year-olds with planning and achieving their work and study goals. The service is delivered over the phone, webchat or video chat.

Young people engage with one of our Work and Study Specialists weekly to fortnightly for approximately three months. We also have a small team of mental health clinicians to support young people with any mental health related barriers to their work and study (if they are not already engaged with a mental health provider). Once a young person has achieved their goal, they are provided additional help through our post placement support phase.

headspace Work & Study Online Support can help young people no matter where they are at in areas such as:

- Job search skills, job applications, resume and cover letter preparation
- Career, industry and labour market research
- Further education planning, course selection and enrolment
- Support transitioning from school to work or further study
- Balancing mental health and wellbeing with work or study
- Changing jobs, increasing work hours or navigating challenging workplace situations

Provided a sense of purpose and structure to my life.

The impact of work and study support on young people's lives

Work and study support assists young people to identify and reach their work or study goals. Reducing the length of time a young person is disengaged from work or study can positively impact their mental health and wellbeing. It is essential that work and study needs are included when supporting young people across the continuum of mental health, regardless of their mental health presentation.

headspace Work & Study Online Support surveyed participants have told us:

- 79% of young people felt more optimistic about their work or study future, and 72% agreed this service helped improve their situation
- 87% of young people agreed that the help they received was valuable

Gave me a sense of accomplishment and boosted my self-esteem.

Who is headspace Work & Study Online Support for?

This program is for young people aged 15-25 who's mental health may be impacting them and they require support to reach their work and study goals. Young people receive tailored 1-on-1 online support with a Work and Study Specialist no matter where they are in their work and study journey.

Work(s) around our unique needs and circumstances.

Care collaboration

The mental health and wellbeing of the young person remains the priority. With the young person's consent, our specialists can work with referrers and/or any other mental health supports to provide integrated care. This process avoids duplication and provides a strong, collaborative support model.

73% of young people who were surveyed after their experience with headspace Work & Study Online Support felt a reduction of their mental health and wellbeing difficulties in relation to their work and study goals.

How can young people access headspace Work & Study Online Support?

Young people can book their first appointment via: headspace.org.au/online

How to refer young people to headspace Work & Study Online Support

External services that support young people can refer them to our program via our referral portal. This allows for additional supportive information about the young person to be included in the referral and clearly links the referral to the referring service, supporting data collection on referral pathways and outcomes.

Examples of organisations that refer young people include:

- Schools, universities and TAFEs
- GPs and psychological practitioners
- Mental health and well-being support
- Alcohol and other drug services
- Housing support programs
- Other work or study services

Our partnerships allow us to integrate headspace Work & Study Online Support into your service offerings. To make a referral, please visit the portal at externalreferralportalhws.headspace.org.au or contact us at: workandstudy@headspace.org.au / 1800 810 794 if you need any assistance.

Alex's story

"headspace Work & Study Online Support is a welcoming service that supports young people like us to find our way, helping to build skills in work and study and a sense of belonging and understanding. I had the opportunity to work with a dedicated Work and Study Specialist who provided me with insights into effective resume and cover letter writing, which ultimately improved my application techniques."

In 2023, after years of struggling with their mental health and feeling directionless, Alex* took steps to seek help through headspace Work & Study Online Support. With renewed hope and motivation, they enrolled in university and began to look for a job that would fit in with their study commitments. Alex found a job and built skills that will help them in their future career. The program helped to instil a routine, improve Alex's financial situation, increase their social connection and improve their overall mental health.

*Disclaimer: the name of this young person has been changed due to privacy.

For more information

Visit
headspace.org.au/online

Call
1800 810 794

Email
workandstudy@headspace.org.au



Build your life-changing savings skills.

And get up to \$500 for education costs.



saverplus.org.au
1300 610 355

Saver Plus gives you down-to-earth money talk - and a \$500 incentive to build your savings!

If you save up to \$50 a month for 10 months (the length of the program), ANZ will double it.

What can the \$500 be spent on?



Laptops and tablets



Uniforms and shoes



Vocational education



Lessons and activities



Books and supplies



Camps and excursions

To join Saver Plus

- ✓ Be 18 years or older
- ✓ Have a Health Care or Pensioner Card
- ✓ Be in receipt of an eligible Commonwealth social security benefit, allowance or payment
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (you or your partner)
- ✓ Agree to join in free online financial education workshops

Saver Plus supports people to develop life-long savings habits. It's delivered by Brotherhood of St. Laurence, The Smith Family and Berry St Yooralla. It's funded by ANZ and Department of Social Services.

saverplus.org.au

1300 610 355

Free kid-friendly movies when and where you want them.

With Kanopy and Hoopla you can access films for the whole family. Watch online for **free with your library card.**

Scan the code or visit **wollongong.nsw.gov.au/library** to start watching.



Find out what's happening these School Holidays at **your** library

Free clay workshops, crafts and real reptile experiences tailored to primary and high school aged students.

Scan the code or visit **wollongong.nsw.gov.au/library** for more information.



Empower YOUR CLIENTS

FREE 'GET THE JOB' WORKSHOP

The ultimate workshop for interview success and confidence

About the Workshop

An interactive session designed to prepare clients for job interviews and employment success. The workshop helps women build confidence and self-esteem and feel ready with a polished professional look.

Includes:

- One-hour presentation - making a good first impression and interview techniques.
- Personalised styling session - participants select and keep a FREE interview outfit.

Why Choose Dress for Success?

With a proven track record of supporting thousands of jobseekers, our workshops are professional, practical, and designed to deliver results. Your clients will feel job-ready and empowered to take the next step.



Location:

2/210 Cowper St, Warrawong

Use the QR code or link to check availability and book your group.



Duration:

2 hours



Cost:

Free



Participants:

Min. 3/ Max. 10 per group



<https://bit.ly/getthejobworkshop>

 **DRESS FOR
SUCCESS**

NSW & ACT - ILLAWARRA

www.dfsnswact.org.au/illawarra

Noah's Inclusion Services



Noah's

EVERY CHILD. EVERY OPPORTUNITY.

Every Child, Every Opportunity

Therapy, education, support
for children and families in the
Shoalhaven, Illawarra & Eurobodalla



Nowra - Shellharbour - Bay & Basin - Ulladulla - Batemans Bay - Moruya

Ph: (02) 4423 5022 www.noahs.org.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Young Yarns Playgroup 9.30am-11.30am Albion Park Rail Public School Playgroup for Aboriginal children 0-5 years	Gubidja Wurrangalali Gooyoong Playgroup 9.30am-11.30am Cullunghutti Playgroup for Aboriginal children 0-5 years in conjunction with Cullunghutti	PlayConnect Playgroup 10am-11.30am Noah's Sanctuary Point Playgroup for children 0-5 years with Autism or development concerns	Burri Burri Playgroup 10am - 12pm Gerringong Public School Playgroup for Aboriginal children 0-5 years	Little Steps Playgroup 9.30am-11.30am Noah's Sanctuary Point Playgroup for children 0-5 years who don't attend other care
Bilima Booris Playgroup 9.30am-11.30am Noah's Sanctuary Point Playgroup for Aboriginal children 0-5 years	Little Steps Playgroup 9.30am-11.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care	My Time 9.30am - 11.30am (fortnightly) Noah's Batemans Bay Peer Support Group for parents/carers of children with additional needs	Gudjaga Waradba Playgroup 10.30am-12.30pm Noah's Nowra Playgroup for Aboriginal children 0-5 years in conjunction with Waminda	For more information or to book into any of these programs, please phone (02) 4423 5022. To learn more about Noah's Inclusion Services, visit noahs.org.au or follow us on Facebook or Instagram. Other Noah's Programs (contact us for availability): Growing Together Family Support and Training Parent Connect SWAY Program PEERS Program Secret Agent Society SOS Feeding Program Circle of Security
Gugunyal Bagan Playgroup 9.30am-11.30am Noah's Ulladulla Playgroup for Aboriginal children 0-5 years	My Time & Parent Connect Sessions 10am-12pm (Fortnightly) Noah's Ulladulla Peer support group for parents/carers of children with additional needs	Growing Together Multiple Birth Group 10am-12pm (6 & 20 May, 3 & 17 June) Noah's Ulladulla Family wellbeing and connection for parents of twins / triplets	Little Steps Playgroup 9.30am-11.30am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care	
	Minecraft Matters 3.30pm - 4.30pm Noah's Batemans Bay Social skills group for children 8-12 years with an NDIS Plan		Jump In Early Intervention Group 9.30am-11am Noah's Batemans Bay Early intervention group for children 3-6 years with an NDIS Plan	
			My Time & Parent Connect Sessions (not held every week) 10am-12pm Noah's Nowra Peer support group for parents/carers of children with additional needs. Please book in if childcare is required.	

NDIS Services by appointment (contact us for availability)

- Plan Management
- Key Worker (0-7 years)
- Speech Pathology
- Occupational Therapy
- Physiotherapy
- Social Work
- Psychology
- Behaviour Support

Noah's Centres:

Nowra
Ulladulla
Sanctuary Point
Eurobodalla
Illawarra (no groups this term)



Noah's Inclusion Services - Term 2 2026 Groups Timetable

Northfields Psychology Clinic Programs

Parenting Confident Carers - Cooperative Kids (CCCK)

Strengthen relationships to reduce behavioural problems for parents of children aged 3-11 years



Each School Term (8 weeks)
Cost: \$120 / \$60 concession

Child Anxiety - Cool Kids

Learn strategies for managing anxiety for children (8-12 years) and their parents/carers



Each School Term (9 weeks)
Cost: \$120 / \$60 concession
Additional \$45 for workbooks

Coaching and Parent Emotion Support Program (CaPES)

CaPES is a program designed to support parents to parent.



For families with children aged 2-10 years.
12 session program
Cost: \$25 / \$15 concession per session

Adolescent Anxiety - Chilled

For Adolescents (Grades 7-10) with anxiety and their families



Once per year (9-10 weeks)
Cost: \$120 / \$60 concession
Additional \$45 for workbooks

Doing ADHD Differently

Addresses concerns related to ADHD / ADD and provide practical skills to help manage associated difficulties



Several times per year (7 weeks)
Cost: \$120 / \$60 concession
Additional \$40 for workbook

Contact us

phone: 02 4221 3747
email: nfc-uow@uow.edu.au
web: www.uow.info/npc

Participants must complete a pre-group meeting prior to attending



PHOTOGRAPHY COMPETITION



\$650
total prize
money

THE PRICE OF A DRINK

“We see alcohol everywhere. What don't we see?”

Age:
12- 25 years old

Entries close:
31st May, Sunday, 2026

Guidelines &
Submission Portal



Follow 'IllawarraShoalhavenCDAT'
to see the 2025 winning photos



Family & Individual Group Programs



2026

For Parents & Carers

Circle of Security

Every parent feels unsure at times, wondering what their child truly needs. Imagine the confidence of understanding what they're really asking for. The Circle of Security Parenting™ program draws on decades of research to help you nurture a strong, secure bond with your child.

Location	Dates	Time
Online	Thursday: 5, 12, 19, 26 February & 5 March Tuesday: 3, 10, 17, 24, 31 March Tuesday: 28 April & 5, 12, 19, 26 May Monday: 27 July & 3, 10, 17, 24 August Wednesday: 21, 28 October & 4, 11, 18 November Thursday: 12, 19, 26 November & 3, 10 December	10am - 12pm 5.30pm - 7.30pm 5.30pm - 7.30pm 10am - 12pm 10am - 12pm 5.30pm - 7.30pm
Campbelltown	Tuesday: 2, 9, 16, 23, 30 June	10am - 12pm
Nowra	Thursday: 4, 11, 18, 25 June & 2 July	10am - 12pm
Wollongong	Wednesday: 29 July & 5, 12, 19, 26 August	5.30pm - 7.30pm

Supporting Your Child Experiencing Anxiety

Supporting a child through anxiety can feel overwhelming. This group will help you understand their needs and give you practical ways to encourage and guide them toward managing anxiety effectively.

Location	Dates	Time
Online	Wednesday: 18, 25, March & 1 April Tuesday: 16, 23, 30 June Tuesday: 8, 15, 22 September Thursday: 26 November & 3, 10 December	5.30pm - 7.30pm 10am - 12pm 5.30pm - 7.30pm 10am - 12pm

123 Magic and Emotion Coaching Inclusive

Supporting you to understand & implement simple, effective strategies to support your child in managing challenging emotions safely and confidently. Designed to be inclusive of parents of neurodiverse children.

Location	Dates	Time
Online	Wednesday: 18, 25, March & 1 April Monday: 15, 22, 29 June Wednesday: 2, 9, 16 September Wednesday: 25 November & 2, 9 December	10am - 12pm 5.30pm - 7.30pm 10am - 12pm 5.30pm - 7.30pm

Bringing Up Great Kids

Bringing Up Great Kids helps parents build caring, respectful relationships with their children and encourages a mindful, reflective approach to parenting.

Location	Dates	Time
Online	Tuesday: 10, 17, 24, 31 March Thursday: 11, 18, 25 June & 2 July Thursday: 3, 10, 17, 24 September Tuesday: 24 November & 1, 8, 15 December	10am - 12pm 5.30pm - 7.30pm 10am - 12pm 5.30pm - 7.30pm

Bringing Up Great Teens

Help your teen navigate this stage with confidence and stay connected while supporting their growing independence. Learn to understand the changes, manage conflict and risk-taking, and keep your relationship strong.

Location	Dates	Time
Online	Tuesday: 10, 17, 24, 31 March Tuesday: 10, 17, 24 June & 1 July Tuesday: 1, 8, 15, 22 September Wednesday: 18, 25 November & 2, 9 December	5.30pm - 7.30pm 10am - 12pm 5.30pm - 7.30pm 10am - 12pm

Families Living Well in a Digital World

Learn healthy strategies to navigate the digital world while fostering connection, communication, balance, and strong relationships.

Location	Dates	Time
Online	Thursday: 12, 19, 26 March & 2 April Wednesday: 10, 17, 24 June & 1 July Thursday: 3, 10, 17, 24 September Tuesday: 24 November & 1, 8, 15 December	5.30pm - 7.30pm 10am - 12pm 5.30pm - 7.30pm 10am - 12pm

Post Separation

Keeping Kids in Mind

Parenting after separation can be tough for you and your child. This program helps you navigate practical and emotional challenges, reduce conflict, and support your child's wellbeing.

Location	Dates	Time
Online	Tuesday: 3, 10, 17, 24 February & 3 March Thursday: 5, 12, 19, 26 March & 2 April Wednesday: 29 April & 6, 13, 20, 27 May Tuesday: 28 July & 4, 11, 18, 25 August Tuesday: 20, 27 October & 3, 10, 17, 24 November	10am - 12.30pm 5.30pm - 8pm 10am - 12.30pm 5.30pm - 8pm 5.30pm - 8pm
Campbelltown	Wednesday: 19, 26 August & 2, 9, 16 September	5.30pm - 8pm
Nowra	Thursday: 19, 26 November & 3, 10, 17 December	2pm - 4pm
Wollongong	Wednesday: 3, 10, 17, 24 June & 1 July	5.30pm - 8pm

Loving Well

Ready to build healthy, fulfilling relationships after separation? We will help you to spot patterns, set boundaries, communicate with confidence, and strengthen emotional resilience.

Location	Dates	Time
Campbelltown	Wednesday: 29 July, 5, 12, 19 August	10am - 12.30pm
Wollongong	Monday: 9, 16, 23, 30 March Wednesday: 29 April & 6, 13, 20 May Monday: 19, 26 October & 2, 9 November	10am - 12.30pm 10am - 12.30pm 5.30pm - 8pm

OWL Kids

Providing children experiencing family separation with a safe space to develop their emotional literacy through creative therapy, as well as the opportunity to interact with other children in similar situations.

Dates to be confirmed. Contact to be placed on a waiting list

With a Special Focus

My Kids and Me

When a child is removed from your care, the emotions and challenges can feel overwhelming. In this safe, supportive space, we'll reflect together and explore ways to strengthen your connection with your child.

Location	Dates	Time
Campbelltown	Tuesday: 10, 17, 24 February & 3, 10, 17, 24 March Tuesday: 1, 11, 18, 25 August & 1, 8, 15 September	10am - 12.30pm
Wollongong	Tuesday: 5, 12, 19, 26 May & 2, 9, 16 June Tuesday: 27 October, 3, 10, 17, 24 November & 1, 8 December	10am - 12.30pm 10am - 12.30pm

Black Box Parenting

Discover how past experiences or trauma may shape your parenting. In a safe, non-judgmental space, we'll support your wellbeing and help you strengthen your parenting journey.

Location	Dates	Time
Campbelltown	Wednesday: 4, 11, 18, 25 February & 4 March Tuesday: 28 April & 5, 12, 19, 26 May Tuesday: 20, 27 October & 3, 10, 17 November	10am - 12.30pm 10am - 12.30pm 10am - 12.30pm
Nowra	Thursday: 5, 12, 19, 26 February & 5 March Thursday: 30 July & 6, 13, 20, 27 August	10am - 12.30pm 10am - 12.30pm
Wollongong	Wednesday: 4, 11, 18, 25 February & 4 March Thursday: 30 April & 7, 14, 21, 28 May Tuesday: 28 July & 4, 11, 18, 25 August Wednesday: 21, 28 October & 4, 11, 18 November	10am - 12.30pm 10am - 12.30pm 10am - 12.30pm 5.30pm - 8pm

Seeing Red

Learn to understand strong emotions and express your feelings and the feelings of those around you in a healthy, respectful ways that strengthen communication and relationships.

Location	Dates	Time
Campbelltown	Wednesday: 29 April & 6, 13, 20, 27 May Wednesday: 21, 28 October & 4, 11, 18 November	5.30pm - 7.30pm 5.30pm - 7.30pm
Nowra	Thursday: 30 April & 7, 14, 21, 28 May Thursday: 22, 29 October & 5, 12, 19 November	10am - 12pm 10am - 12pm
Wollongong	Tuesday: 3, 10, 17, 24 February & 3 March Thursday: 27 August & 3, 10, 17, 24 September	5.30pm - 7.30pm 5.30pm - 7.30pm

Seasons for Growth

Change, loss, and grief can feel overwhelming. In this safe, supportive space, you'll learn coping skills, improve your wellbeing, and connect with others who understand.

To be scheduled as identified

To find out more about our Courses or to book an intake session please call our intake team on **1800 967 894**

Email intakeservice@catholiccare.dow.org.au or scan the QR code below:



Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Concessions available *GST may apply **Schedule subject to change *** Conditions apply to complete online groups **** All sessions must be attended

Counselling

We offer counselling for children, adults, couples, and families experiencing grief and loss, relationship difficulties, stress, anxiety, depression, life transitions, and pregnancy loss.

Counselling provides a safe, supportive space to be heard, build on strengths, gain insight, and develop coping strategies during challenging times.

Sessions are available in person, online, or by phone.

Fees are flexible and can be discussed. No Mental Health Care Plan is required.

To find out more about our Courses or to book an intake session please call our intake team on 1800 967 894

EMPOWER YOUR STUDENTS WITH PEER SUPPORT

The **Peer Support Program** is a peer-led initiative that empowers students to build meaningful cross-year connections, develop leadership skills, and enhance their social and emotional wellbeing. Delivered over 8–10 weeks, the program integrates seamlessly into your school timetable.

Program outcomes include stronger connections, improved emotional regulation & conflict resolution and a greater sense of belonging.

The program achieves this by helping students to develop and sustain:

- positive relationships
- agency
- sense of self
- responsibility for self and others

HOW DOES IT WORK?

Senior students are trained as Peer Leaders to lead small groups of younger students in weekly structured sessions.

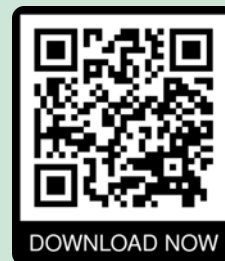
SUPPORT FOR TEACHERS

We provide:

- Professional development workshops to help teachers confidently implement the program
- Access to comprehensive year-round resources and ongoing support

DISCOVER HOW PEER SUPPORT CAN BUILD STUDENT WELLBEING AT YOUR SCHOOL

Learn more about our program with our [free digital info pack](#). It includes details about the modules available to member schools, the evidence for the program, testimonials from students and teachers, and the steps to becoming a Peer Support school.



Contact Us

- 📞 1300 579 963
- ✉ admin@peersupport.edu.au
- 🌐 www.peersupport.edu.au



DV-Alert - Foundations

2-day Workshops*

In this free workshop, you will learn how to recognise the signs of domestic violence, respond appropriately, and refer to support services.

Open to frontline workers in Australia. This includes people who provide direct service and support to the community (paid or unpaid) in sectors like health, allied health, education, childcare, and community



SHELLHARBOUR

The Shellharbour Club

Thu 30 Apr - Fri 1 May

9.00am - 5.00pm

BOMADERRY

Bomaderry Bowling Club

Mon 25 & Tue 26 May

9.00am - 5.00pm

*Fee free training for frontline workers. Catering provided