



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

Term 3 2026

Welcome!

Welcome to the 35th ISLHD School-Link Newsletter!

This newsletter provides a collection of health and wellbeing services from government and non-government organisations across the Illawarra and Shoalhaven.

Referrals to Mental Health Services

The Mental Health Line is a single number, state-wide 24 hour mental health telephone access service.



Anyone can use the Mental Health Line to speak with a mental health professional and be directed to the right care for them.

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

ISLHD Mental Health Services

ISLHD delivers specialist mental health assessment and care across community and inpatient settings and in partnership with a range of other government agencies and services.

<https://www.islhd.health.nsw.gov.au/services-clinics/mental-health>



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)

School-Link Program

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

Get Active!

Sports Directory for Illawarra and Shoalhaven

Sports and active recreation are important in our communities, connecting people of all ages and backgrounds. Whether you're playing casually or at a high level, sports and activities help build community pride, strengthen friendships and create a sense of belonging.

When children, teens, and adults take part in sports and active activities, they are more likely to stay healthy and active throughout their lives. These activities can help people live longer and manage mental health issues. Studies also show that being active can improve thinking skills and school performance.



This Get Active! Directory lists sporting opportunities within the Illawarra and Shoalhaven.

Use this resource to explore what is available in your local area for the children, young people and/or adults you support. Encouraging engagement in an activity can bring physical, mental, social and emotional health benefits.

https://www.islhd.health.nsw.gov.au/sites/default/files/Teachers%20Guide%20Interventions/Get_Active!_Directory.pdf





NAPCAN
PREVENT CHILD ABUSE & NEGLECT



SCCWN

15th

Conference

South Coast Child Wellbeing Network Conference 2026

**Tuesday 15th
September 2026**

The Pavilion

2 Bong Bong Street, Kiama

Registration opens 8am
Conference: 8:45am - 4:30pm

Tickets

\$110

Belonging and Togetherness

Championing inclusion and challenging discrimination

This year, the conference focuses on strengthening practitioners' skills to navigate and challenge harmful beliefs through calm, constructive conversations, in ways that uphold inclusion and protect the wellbeing of children and families.

The conference features keynote speakers, Blake Alan Cansdale and Katherine McKernan with workshops from local professionals demonstrating knowledge and practices to support children and their families.

**Child
Protection Week**
6th - 12th September

Buy Tickets at
www.sccwn.org.au/events

Keynote Speaker 1: Blake Alan Cansdale

Blake Alan Cansdale is a First Nations lawyer, advocate, and national leader in the movement for justice and self-determination.

With a background across law, policy, and Aboriginal community organisations, Blake is a leading voice on treaty, truth-telling, and systemic reform, known for his direct and engaging communication style.

His advocacy is grounded in lived experience and a deep commitment to structural reform. Blake is known for his clear, unapologetic voice - calling out systemic injustice while working constructively to shift policy, public consciousness, and institutional behaviour.



Keynote

For practitioners, educators, service providers and community leaders working with children and young people, this keynote asks what it means to move beyond passive allyship, toward being an 'accomplice': taking responsibility, yielding power, challenging racism, and helping build systems where children can belong, be safe, and be strong in their identity, culture and community.

In this keynote, Blake explores what it means for Australia to become truth-ready. Drawing on personal story, First Nations truth-telling, the 2023 Referendum, the Uluru Statement from the Heart, and the emerging concept and practice of truth-listening, he argues that Australia's challenge is not a lack of truth, but rather a failure of Australians to listen deeply enough to the truth to be moved to action.

**Child
Protection Week**
6th - 12th September

Keynote Speaker 2: Katherine McKernan

Katherine McKernan commenced her five-year term as the NSW Advocate for Children and Young People in January 2026. As the Advocate, Katherine leads the NSW Office for Youth and is an independent statutory officer.

Prior to her appointment as Advocate for Children and Young People, Katherine was the Executive Director at National Legal Aid and previously held the role of CEO of Homelessness NSW.

Katherine has significant social justice and advocacy experience in housing and homelessness, legal assistance, disability, health, mental health, and women and children's safety.

She also took on leadership roles at the Department of Family and Community Services and NSW Health, focusing on policy and strategy.

As the Advocate, Katherine will work to improve the safety, welfare and wellbeing of all children and young people in NSW and will ensure that their rights are respected and voices heard by decision makers.

Katherine looks forward to working collaboratively across government, non-government organisations, businesses and communities to create the best outcomes for children and young people in NSW.



**Child
Protection Week**
6th - 12th September

Tides Film Project: Nhandi and a Reverse Q&A with Young People

Join us for a screening of Nhandi, a short film created through the Tides Film Project.

Based in Warrawong, The Tides Film Project is a youth-led creative initiative that supports young people to explore identity, belonging, culture, and community through filmmaking. Through co-design, young people build skills in storytelling, collaboration, and creative production while contributing their voices to conversations that matter to them and their communities.



In this context, the project has produced Nhandi, a short film that draws on Dharawal story-sharing, local history, and truth-telling to invite reflection on Country, colonisation, cultural continuity, and Australia's shared history.

Following the screening, participants will take part in a Reverse Q&A led by the young people involved in the project. They will invite attendees to reflect on the film's themes and consider how to create environments where children and young people experience genuine belonging. This session offers a chance to hear directly from young people, challenge assumptions, and explore inclusive approaches to practice.

**Child
Protection Week**
6th - 12th September

Belonging and Togetherness

Workshop 1: Charlie Ashby

Cultural Lead Cullunghutti Aboriginal Child & Family Centre

Charlie is a Wodi Wodi Djuin from Roseby Park Reserve with family ties to La Perouse, Lismore, Lightning Ridge, Coonabarabran and Mogo areas.

Working in the community sector for almost 20 years and sitting on multiple committees, Charlie has had the joy of working at Cullunghutti ACFC for the last 10 years coordinating multiple programs.

Charlie now sits as the Cultural Lead in the Boori Milumba Program, supporting children with their Cultural journey while strengthening their Cultural identity, building relationships with Mother and always giving back to Country.



Workshop

Embedding cultural perspectives in everyday experiences with children, connecting with, listening to and learning from Country while building culturally strong children and identities.

**Child
Protection Week**
6th - 12th September

Belonging and Togetherness

Workshop 2: Allyson Pazos and Emily Duncan

Youth Services at Multicultural Communities Council of Illawarra (MCCI)

Allyson Pazos serves as the General Manager for the Settlement & Youth team at the MCCI of Illawarra where she leads the organisation's strategic direction in settlement services and youth development. With over 15 years of frontline and leadership experience in the community sector she has dedicated her career to working alongside culturally and linguistically diverse communities and former refugee families.



Emily Duncan is a passionate youth development worker at MCCI. With extensive experience supporting CALD and refugee youth, she is dedicated to amplifying young voices and ensuring their perspectives shape the programs designed to foster their growth into independent young adults.



Workshop: Young People at the Centre: Co-designing for Participation and Inclusion in Diverse Communities

This interactive workshop explores how co-design approaches can meaningfully centre the voices of young people from diverse cultural backgrounds in program development and service delivery. It will explore the role facilitators play in fostering creativity, trusting participants, and following adaptive practices for successful engagement and impact.

Through the sharing of experiences and recent examples, participants will gain insight into practical strategies for engaging children, young people and their families, identifying and addressing barriers to participation, and fostering inclusive, culturally responsive environments. The session will include real-world case studies, reflective discussion, and tools that practitioners can adapt within their own community contexts to strengthen inclusion and belonging.

**Child
Protection Week**
6th - 12th September

Belonging and Togetherness

Workshop 3: Dr Jane Warren

Jane trained as an early childhood teacher and worked for ten years in a preschool where she practiced inclusion, with a focus on the rights of all children and families. She became more passionate about the role of the first five years in developing positive attitudes toward diversity within all children; authentic inclusion of children with disabilities; and the importance of partnerships between parents, educators and other community organisations to meet the needs of all children.



Her research interests centre on including families' voices in decisions about their children, as well as how to support educators to include children with disabilities in educational settings. Jane works with children and families in a supported playgroup environment as a stepping stone to further inclusion, and enjoys inspiring students to be passionate, inclusive educators in her role as co-Academic Program Director of Early Years at University of Wollongong.

Workshop

This workshop will focus on the rights of all children, with a focus on inclusion of children with disability, developmental delay and neurodivergence in early childhood education and care services. We will identify some of the challenges around inclusion, and unpack ways to ensure that all children have the opportunity to participate, engage and be supported toward their individual potential.

We will discuss some practical ways to genuinely include every child, from reviewing our environment, routine, transitions, resources, communication to engaging and partnering with families. In line with the conference theme, our holistic approaches to inclusion need to ensure that all children and families feel a sense of belonging in our services.

**Child
Protection Week**
6th - 12th September

Belonging and Togetherness

Workshop 4: LGBTQI+

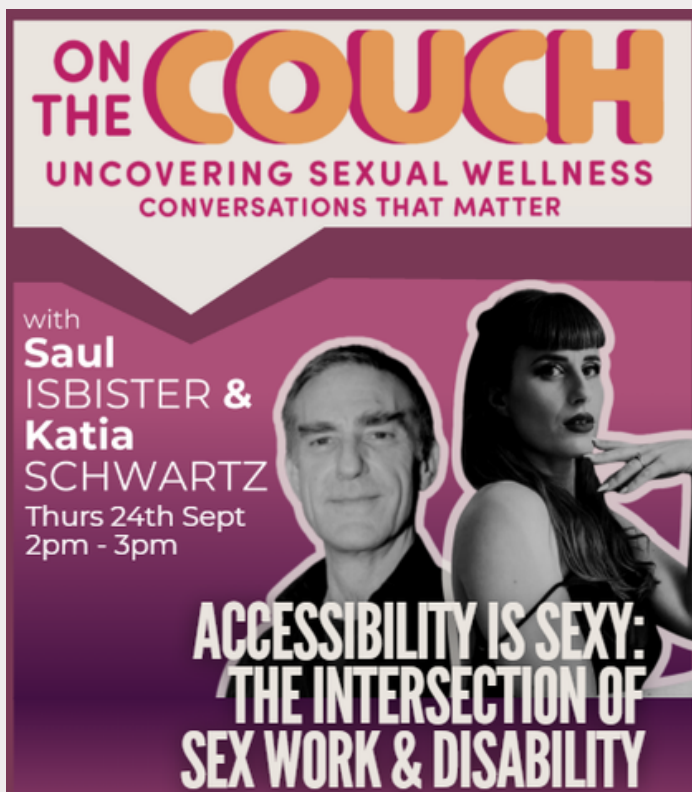
This interactive workshop explores inclusive, culturally safe practice for LGBTQI+ children, young people, and families. Grounded in the theme of Belonging and Togetherness, it focuses on practical strategies to challenge discrimination, support identity and wellbeing, and build affirming environments across education, health, and community services. Participants will explore opportunities to strengthen inclusive practice in their everyday work.

**Child
Protection Week**
6th - 12th September

Get your **free ticket** to be part of the online audience for upcoming **On The Couch** vodcast/ podcast recordings



Hear what culturally responsive relationships and sexuality education looks like in practice across schools and community settings with migrant and refugee communities and second-generation migrants.



Dive into intimacy, wellness, inclusion and human rights for people living with a disability. Hear sex worker's lived experiences of overcoming discrimination and advocating for the dignity to say yes.

Listen back to past episodes and get your free tickets for upcoming episodes:

www.caddyshackproject.com/on-the-couch-tickets



Caddyshack Project is a sexual health program which promotes a positive approach to sex and sexuality for young people and the broader community in the Illawarra and Shoalhaven regions.



Your First Step in Taking Action for Better Health



Looking for Translated Resources & Pride Events?



Preventing HIV & Celebrating Diversity



How to have Consent, Condom & Contraception Conversations



Connect, Get Involved & Have Your Say



Live, Laugh & Latex

Subscribe to the Caddyshack Project e-newsletter to receive a monthly update on sexual and reproductive health resources, training, campaigns and related content.



www.caddyshackproject.com/newsletter

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

*Family & Carer Mental Health Team,
Illawarra Shoalhaven Local Health District.*

Toni Garrett

*Mental Health Educator | Family-Inclusive Practice
Trainer & Consultant*



Details: Thursday 6th August 2026

9:30am- 3:30pm (Please arrive 9:15am for registration).

Venue: Worrigee Sports Club

131 Greenwell Point Road , Worrigee

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.

For enquiries, please email
FamilyandCarer@Stride.com.au

Scan the QR Code to register



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

Registration is essential – please ensure your registration is confirmed

Proudly sponsored by:

STRIDE For better
mental health



Helping Children Overcome Nighttime Fears and Worries



FREE ONLINE PROGRAM FOR CHILDREN AGED 7-12 YEARS



**Black Dog
Institute**



UNSW
SYDNEY



Is Your Child Struggling with Nighttime Fears?

Up to **85% of children** aged 7-12 years experience nighttime fears.

Fears and worries can include:

- The dark
- Monsters
- Being alone at night
- Sleeping independently

While nighttime fears are a common part of childhood, they can make bedtime stressful and interfere with sleep for some children and families.

About the Study

Researchers from Black Dog Institute and UNSW Sydney have developed **the Nighttime Fears and Worries Program**, a free online program designed to help children manage nighttime fears and improve sleep.

We are inviting families with children aged **7-12 years** who are experiencing nighttime fears and difficulties with sleep to take part in a research study evaluating the program.

What's Involved?

- A free online program completed from home
- Short weekly activities and learning modules
- Parent support sessions with a trained therapist
- Participation over approximately 8-10 weeks
- No in-person visits required

Benefits of Participating

Participating families receive:

- Free access to an evidence-based program
- Support from trained therapists
- Up to \$100 in gift cards as a thank you for participating
- The opportunity to contribute to research that may improve support

Interested in taking part?

Learn more about the study and check your eligibility:

<https://www.blackdoginstitute.org.au/research-studies/nighttime-fears-and-worries-study/>



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?

headspace Work & Study Online 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 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 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 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 felt a reduction of their mental health and wellbeing difficulties in relation to their work and study goals.

How to refer young people to headspace Work & Study Online

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.

Our partnerships allow us to integrate headspace Work & Study Online 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.

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

How can young people access headspace Work & Study Online?

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

Alex's story

"headspace Work & Study Online 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. 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



FREE 'GET THE JOB' WORKSHOP

EMPOWER YOUR CLIENTS



ABOUT THE WORKSHOP

An interactive session empowering women to achieve economic mobility through interview preparation and professional presentation. Build confidence and ignite the power within.

INCLUDES

- One-hour presentation on first impressions & interview techniques
- Personalised styling session – participants select & keep a FREE interview outfit

WHY CHOOSE DRESS FOR SUCCESS?

- A trusted resource with a proven track record
- Professional, practical, and results-driven
- Life-changing transformation – clients leave job-ready and empowered

WORKSHOP DETAILS

Location: 2/210 Cowper St, Warrawong

Duration: 2 hours | Cost: Free

Participants: Min 3, Max 10 per group

Booking: bit.ly/getthejobworkshop



FREE SCHOOL WELLBEING EVENT

Talk. Walk. Connect.

Join the 2026 Talk-And-Walk-A-Thon



A simple way to bring your school community together during Mental Health Month.

Students walk in pairs or small groups using guided conversation cards to spark meaningful, age-appropriate discussions.

Why take part?

Strong peer connections support student wellbeing, belonging and a positive school culture

-  **Confidence**
Build confidence starting and continuing conversations
-  **Listening**
Practise listening and communication skills
-  **Belonging**
Connect beyond usual friendship groups
-  **Wellbeing**
Move their bodies while supporting wellbeing

**Easy to run.
Flexible for your school.**

Run it your way - with the whole school, a year group, stage or class.

- 1 Register**
Receive your free 2026 toolkit
- 2 Plan**
Choose your route and checkpoints
- 3 Connect**
Students walk, talk and swap partners.

**Register now to get your free 2026
Talk-And-Walk-A-Thon toolkit:**

[Download Here](#)

Everything you need is provided

Register to receive the free digital toolkit:

Event guide

Planning resources

Promotional materials

Conversation cards

Checkpoint signage

Family cards



**2026
TALK-AND-
WALK-A-THON**



What's on offer

Term 3 & 4 2026

See below for the FREE workshops on offer in Term 3 & 4 for parents and carers in Illawarra Shoalhaven.



FOR PARENTS & CARERS



Screen Time Webinar | 22 July

Learn how persuasive digital design shapes children's online behaviour and gain simple strategies to support healthier digital self-regulation.



[Register here](#)



Transition to High School Webinar | 26 Oct

Starting high school can be a challenge for young people. This webinar, run in partnership with Wayahead, assists parents with strategies to help their child manage their anxiety.



12-1:15pm



6-7:15pm



Transition to Primary School Webinar | 15 Sept

Learn strategies to assist children experiencing anxiety to help build confidence and a smooth start to school life. Run in partnership with Wayahead.



12-1:15pm



6-7:15pm



Transition to Primary School Webinar | 21 Oct

Learn strategies to assist children experiencing anxiety to help build confidence and a smooth start to school life. Run in partnership with Wayahead.



12-1:15pm



6-7:15pm



Children's Screen Use Recordings

- Children's Screen Use, Physical Activity & Healthy Development with Dr Dylan Cliff (University of Wollongong)
- Children's Screen Use and Sleep with Zhiguang Zhang (University of Wollongong)



Screen use
and PA



Screen use
and sleep



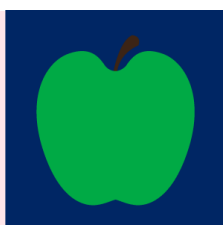
ISLHD School Years Parent Resource Hub

Find factsheets and posters with healthy eating ideas for your children.



[View here](#)

Healthy Eating
Active Living



What's on offer

Term 3 & 4 2026

See below for the FREE workshops on offer in Term 3 & 4 for Illawarra Shoalhaven teachers.



FOR TEACHERS



Embrace Body Image Webinar | 20 July

For school teachers, in partnership with the Embrace Collective. Supporting positive relationships with food, movement and body image.



[Register here](#)



FMS in Netball | 11 August

Build confidence in teaching netball to students while reinforcing Fundamental Movement Skills. Have the opportunity to become a netball ambassador for your school, gaining access to benefits and resources.



[Register here](#)



Teaching Bicycle Skills and Road Safety | 1 September

Free practical webinar from ISLHD and Wheelie Safe Kids to learn how to deliver engaging, hands-on bicycle skills and road safety education at school. Participants will gain practical teaching strategies, guidance on running the Wheelie Safe Kids program and receive ready-to-use resources.

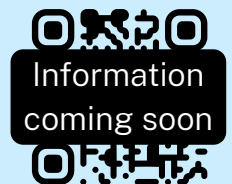


[Register here](#)



Canteen Workshop | 9 September

The upcoming workshop is designed to support schools and canteen staff to implement and maintain The NSW Healthy School Canteen Strategy. This session will provide practical ideas, updates, and an opportunity to connect with others in similar roles. More details to come.



PACE | 23 October

The Physically Active Children in Education (PACE) program supports classroom teachers and schools to schedule and deliver the weekly recommendation of 150 mins of physical activity. This is supported through active PE, sport, cross curricular links and daily classroom energisers.



[Register here](#)



Safe Active Travel Workshops

Delivered by DoE's Road Safety Education Team. This workshop supports school leaders and teachers to adopt a whole of school approach to embedding safe active travel initiatives into everyday school routines.



[Register here](#)

Healthy Eating
Active Living



We would love to extend this incredible, fully funded opportunity to your school community

Help your students navigate the jump to high school

INTRODUCING YOUR CREW: TRANSITION TO HIGH SCHOOL

Moving to high school is one of the biggest transitions a young person faces.

YourCrew: Transition to High School is a teacher-led, research-backed program designed to support Year 6 students through this time by giving them the tools they need to start high school with confidence.

What's included for your school:

- Students build self-awareness, resilience, and learn how to connect with others, while also tackling practical issues they'll face in high school
- Educators are equipped with ready-to-teach lesson plans, supporting slides and accompanying worksheets, reducing preparation time so they can focus on teaching
- Participation is fully funded, meaning there is no financial commitment from your school

Don't miss out!



Get started today:

Contact schools@harrisonriedelfoundation.com to secure your school's access.



HARRISON RIEDEL
FOUNDATION

Access this fully funded opportunity for your school community today

Give your students the skills to ask for help when they need it most

INTRODUCING YOUR CREW CLASSROOM

YourCrew Classroom is a teacher-led program designed to empower Stage 4 & 5 students to actively build self-care strategies and master the vital life skill of help-seeking.

Built around the three critical pillars of relationships, wellbeing, and resilience, the program delivers a holistic, transformative experience that equips students for real-world challenges.

What's included for your school:

- Students actively build personal wellbeing, unlock resilience, and master how to form meaningful connections with others
- Educators are equipped with ready-to-teach lesson plans, supporting slides and accompanying worksheets, reducing preparation time so they can focus on teaching
- Participation is fully funded, meaning there is no financial commitment from your school



Secure your spot:

Contact schools@harrisonriedelfoundation.com to secure your school's access.

Dads Tuning in to Kids



Parenting Program



Dads Tuning in to Kids is a six session group program for fathers and carers of children up to 12 years old. This program teaches you how to help your child understand and manage feelings ('emotional intelligence').

Children with good emotional intelligence:

- ☉ Have better concentration at school
- ☉ Have greater success with making and keeping friends
- ☉ Are more able to manage conflict with peers
- ☉ Are more able to calm down when upset or angry



DATE: Six Tuesday Sessions
Each Tuesday starting 28th July - 1st September 2026

TIME: 10am to 12:30pm

LOCATION: Jane Ardler Centre, 51-53 Berry Street, Nowra 2541

Expressions of Interest: Contact SCMSAC 1800 267 327 and ask to speak with Kylie Skillen or email: fcs@southcoastams.org.au

South Coast
Medical Service
Aboriginal Corporation



☎ (02) 4448 0200 / option #2
🌐 www.southcoastams.org.au
@ fcs@southcoastams.org.au
i ICN 182 f Follow us @scmsac



Who We Are

At The Fathering Project we recognise that fathers, and father figures, play a critical role in children's lives.

The evidence demonstrating fathers' potential to positively influence their children's overall development, health and mental health, social success and academic achievement is now robust, indisputable and compelling.

**We engage, support and equip fathers
and father figures to be the best they can be
for their children and families**

Our Mission

The Fathering Project educates, connects and mobilises fathers and families to create brighter futures for children.

We do this with research-based prevention and early intervention programs and resources that engage, inform, inspire, equip and support fathers, families, schools, corporates and community-based organisations.

Illawarra Hub Programs and Services

1 to 1 support

Case management, advocacy and support for fathers and father figures in need

Parenting tips and groups

- Weekly parenting tips and tricks
- Monthly Dad's info + support group
- 8-week fathering skills workshop

Peer Support

Walk + Talk weekly meet-ups in Shellharbour and Corrimal – offering connection and peer support.

Schools Program

Partner with schools and Early Learning Centres to empower and engage fathers in their child's learning journey

Find us at:

c/- The Foundry, 132 Wentworth St, Port Kembla

w: www.thefatheringproject.org

e: illawarra@thefatheringproject.org

ph: 0408 162 317



Contact Us

🌐 www.thefatheringproject.org

✉ illawarra@thefatheringproject.org

☎ 0408 162 317





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- Monthly Dad's info + support group
- 8-week fathering skills workshop

Peer Support

Walk + Talk weekly meet-ups in Shellharbour and Corrimal – offering connection and peer support.

Find us at:

c/: The Foundry, 132 Wentworth St, Port Kembla

w: www.thefatheringproject.org

e: illawarra@thefatheringproject.org

ph: 0408 162 317



Contact Us

 www.thefatheringproject.org

 Illawarra@thefatheringproject.org

 0408 162 317

Northfields Psychology Clinic



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

At Northfields Psychology Clinic, we offer a range of individual and group therapies for people of all ages. Services are provided by Provisional Psychologists undertaking postgraduate study, who are supervised by Board Approved Clinical Psychologists.

We provide the following services:

THERAPY

We provide therapy for children, young people and adults for common mental health difficulties:

- Anxiety
- Depression
- Stress and adjustment

Provisional Psychologists use a range of common therapeutic approaches including CBT, ACT, and brief psychodynamic therapy. Work with children and young people is usually family inclusive.

GROUP THERAPY

We provide the following group programs:

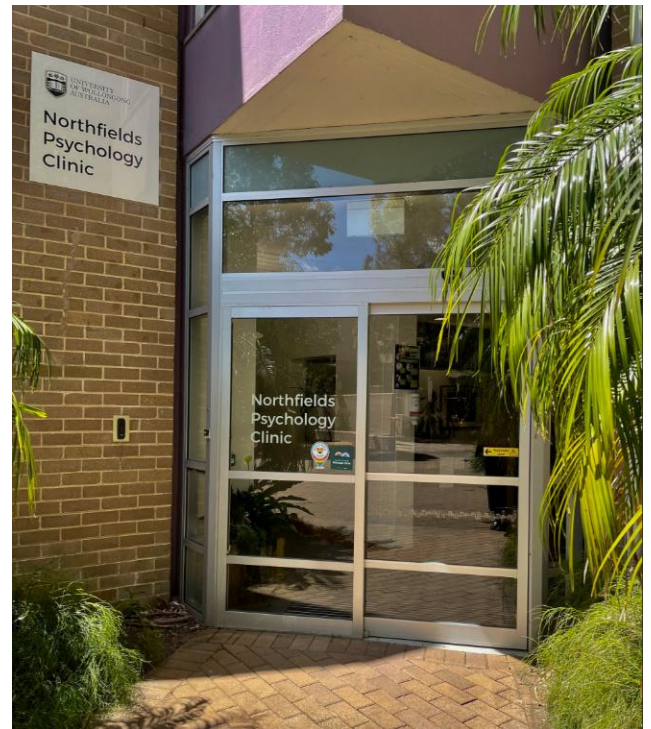
- Confident Carers – Cooperative Kids (parent program)
- Cool Kids (child anxiety program)
- Doing ADHD Differently (adults)
- Chilled (adolescent anxiety program)

COGNITIVE ASSESSMENTS

We offer a limited number of cognitive assessments for concession and healthcare card holders only:

- Specific Learning Disability
- ADHD
- Cognitive Ability (eg. Intellectual disability or giftedness)

The assessment waitlist is only open at limited times of the year. Please see the website for current waitlist information.



Clinic fees		
Service	Standard fee	Concession fee
Therapy	\$25	\$15
Group	\$120	\$60
Assessment	N/A	\$165

Contact us to find out more:

Northfields Psychology Clinic
University of Wollongong

phone: 4221 3747

email: nfc-uow@uow.edu.au

web: www.uow.info/npc



On the lands that we study, we walk, and we live, we acknowledge and respect the traditional custodians and cultural knowledge holders of these lands. At Northfields Psychology Clinic, we are committed to providing services that are safe, culturally responsive, and respectful.



We welcome people of all cultures, abilities, genders, sexualities, neurotypes, bodies and identities.

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We welcome people of all cultures, abilities, genders, sexualities, neurotypes, bodies and identities.

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/hpc

Participants must complete a pre-group meeting prior to attending

Support for grandparents, foster carers, kinship carers and other non-parent carers of children

Grandparent, Foster and Kinship Carer Advisers provide extra support for formal and informal carers who provide ongoing care for children.

They can help you with all of the following:

- getting tailored information about payments and support services based on your family circumstances
- arranging appointments with specialist staff, including social workers
- getting referrals to federal, state and community service providers
- accessing Medicare, Child Support and Centrelink information and payments.

Payments and services

If you're a non-parent carer of children and live in the same house as a parent, you may not be eligible for payments. If you're in this situation, you can contact us to discuss your circumstances.

If you're a grandparent, foster carer or kinship carer, you may be eligible for:

- **Family Tax Benefit** – to help with the cost of raising children
- **Child Care Subsidy and Additional Child Care Subsidy** – to help with the cost of child care
- **Medicare payments** – to help with health care costs
- **Double Orphan Pension** – to help with the costs of caring for children who are orphans or who can't be cared for by their parents in certain circumstances
- concession and health care cards, including **Foster Child Health Care Card** – to help with accessing cheaper health care services and medicines, and
- **Child support** – you may be able to receive child support from one or both parents.

You may be eligible for other payments and services. Contact us to discuss your circumstances.

We have specialist staff available to provide additional support to your family, including:

- social workers
- Financial Information Service Officers
- Indigenous Service Officers
- Multicultural Service Officers
- Community Engagement Officers.

Next steps

For more information about assistance available for grandparent, foster and kinship carers, go to servicesaustralia.gov.au/grandparentcarers or servicesaustralia.gov.au/nonparentcarers

To speak to a Grandparent, Foster and Kinship Carer Adviser, call **Freecall™ 1800 245 965**.





Southern Youth and Family Services

Resourcing Adolescent and Families Team (RAFT)

The RAFT Program targets 12 to 17 years inclusive who are at risk of leaving home or who have been out of home for up to six weeks and their families. The focus is on intervening as early as possible to maintain or restore family relationships and maintain young people's engagement in education, training, employment, and the community.

Contact: 4221 7764 (Wollongong) 4295 8775 (Shellharbour) 4448 2477 (Shoalhaven)
 0412 999 968 0412 999 967 0423 820 505

Family Counselling Project

This Project targets young people aged 12 to 17 years inclusive who are vulnerable, disadvantaged, homeless or those at risk of disadvantage or homelessness as well as their families. 18 to 24 years may be assisted where appropriate. Support can also be provided to young parents. The Project focuses on assisting young people to face issues causing problems in their lives and will work towards reconciliation where family relationships have broken down. The Project is flexible and uses several methods to deliver services including case management.

Contact: 4221 7766 (Wollongong) 4295 8777 (Shellharbour)
 0400 499 234 0412 999 965

Newly Arrived Youth Specialists (NAYS)

This Program assists young people aged between 12 to 21 years inclusive who are vulnerable, disadvantaged, homeless or those at risk of disadvantage and homelessness and their families, who have migrated to Australia in the last five years. Priority is given to those who have entered Australia on humanitarian visas.

Contact: 4221 7765 (Wollongong) 0427 496 204

Child Adolescent and Family Service (CAFS)

CAFS supports families with children and young people, aged 0 to 17 years inclusive, where the child or young person is:

- Showing early signs of emerging, or are at risk of developing, mental health issues.
- Are affected by the mental health issues of another family member.

The service has a primary focus on the child or young person while working in a whole of family context. The focus is on improving their wellbeing and enabling them to better participate in their communities and reach their full potential. This Service is offered in the Wollongong and the Shellharbour – Kiama Statistical Areas:

Contact: 4221 7762 (Wollongong) 4295 8773 (Shellharbour – Kiama)
 0421 634 537 0423 885 938

Parenting Program

The Parenting Program supports vulnerable children, aged 0 to 12 years inclusive and their families. The focus is on the achievement of positive outcomes in child development, behaviour, safety, physical and emotional well-being, the child parent relationship, and childcare competency. This Service is offered in the Shellharbour LGA only.

Contact: 4295 8774 (Shellharbour) 0409 306 534

Homeless Youth Assistance Program (HYAP)

The HYAP Program assists young people 12 to 15 years inclusive who are homeless or at risk of homelessness. HYAP aims to restore family relationships and reconnect young people with family and wider support networks, and to facilitate transition to appropriate long-term solutions.

Contact: 4221 7763 (Wollongong) 4221 7715 (Shellharbour) 4448 2476 (Shoalhaven)
 0427 404 159 0408 350 218 0419 207 920

Group Programs

- Resourceful Adolescent Program for Adolescents (RAP-A) aimed to the prevention of depression and enhanced resilience in young people.
- Resourceful Adolescent Program for Parents (RAP-P) aimed to increase parental/family protective factors and understanding of adolescence.
- Circle of Security Parenting Program aimed to enhance the attachment security between parents and their children (aged 0 – 12 years).
- Cool Kids Program teaches children (aged 7+) and their parents' practical skills on how to better manage a child's anxiety.
- Chill Little Kids Program for parents with children (aged 3 – 6 years) who are at risk of developing anxiety.



HOMework HUB

AGES 12-18

**ENROL THROUGH
OUR WEBSITE
PKYP.ORG.AU**

**3:30PM-6PM TUESDAYS
@ PORT KEMBLA**

Ph: 0242761229

Email: team@PKYP.org.au



SCAN ME



**OPEN FOR 2026
ENROLLMENT TERM 3**



ILLAWARRA MULTICULTURAL SERVICES
advancing participation

MEDICATION REVIEW CLINIC

**DO YOU SUPPORT COMMUNITY MEMBERS FROM
MULTICULTURAL BACKGROUNDS WHO NEED HELP
UNDERSTANDING THEIR MEDICATIONS?**

REFER THEM TO OUR MEDICATION REVIEW CLINIC

Many people from culturally and linguistically diverse (CALD) backgrounds face challenges understanding their medicines, treatment plans, and healthcare instructions. Our Medication Review Clinic provides culturally sensitive support to help improve medication safety and health outcomes.



OUR SERVICE PROVIDES

-  Comprehensive medication reviews
-  Medication education in a culturally appropriate manner
-  Support for patients, carers, and families
-  Collaboration with GPs, pharmacists, and community service providers
-  Recommendations to improve medication safety and adherence



**GP referral
required**



**Contact IMS for more
information on 02 4229 6855
Level 1, 67-69 Market St,
Wollongong NSW 2500**



**Black Dog
Institute**

Courage Quest Plus

Help test a new digital program for children experiencing anxiety and worry



Sign Up Here

In Australia, **1 in 14** children experience anxiety that interferes with their daily lives

yet only **19%** receive appropriate care

Our researchers are working hard to change this. We recently developed a digital program for parents and their **children (8-12 years old) who experience anxiety** called **Courage Quest**. We want to improve this program and better understand how to best support children with anxiety.



We are inviting you to be involved in a study testing Courage Quest with some extra features, to understand how to improve the way we help children cope with their anxiety. Participants will be reimbursed for their time completing research surveys at the end of the study.



If you have any questions, please contact the research team at couragequest@blackdog.org.au.



**Black Dog
Institute**

Can you and your child help us test the new “**Courage Quest**” program developed by our expert Psychologists?

We're inviting parents, caregivers and their **children (8-12 years old)** to learn important skills from evidence-based exposure therapy that can help with anxiety and worry. We also want to find out what additional features may improve outcomes of this treatment.

The program will be provided at no cost to you, you'll be reimbursed for your time on research surveys at the end!



What is exposure therapy?

It involves learning to overcome one's fears and includes a range of repeated tasks (like speaking in class, reducing reassurance-seeking questions, or sleeping in their own bed), typically arranged in increasing difficulty. Exposure therapy is believed to be successful because it establishes new braver memories about the feared situation that compete with existing 'anxious' memories.



Sign Up Here

If you have any questions, please contact the research team at couragequest@blackdog.org.au.



**AGES
12 - 18**

FREE

ROBOTICS WORKSHOPS



**FORTNIGHTLY ROBOTICS
AFTER-SCHOOL PROGRAM –
MONDAY'S
3.00PM TO 4.30PM**

ENROLING NOW FOR 2026

Activities

-  Hands-On Building & Design
-  Coding & Programming
-  STEM Challenges
-  Teamwork & Presentation
-  Creative Exploration

**Cnr Allan &
Kembla St, Port
Kembla 2505**

**Email team@pkyp.org.au for
more details!**

More Information

(02) 4276 1229 pkyp.org.au



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	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 10am - 12pm 5.30pm - 7.30pm
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	Tuesday: 8, 15, 22 September Thursday: 26 November & 3, 10 December	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: 2, 9, 16 September Wednesday: 25 November & 2, 9 December	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	Thursday: 3, 10, 17, 24 September Tuesday: 24 November & 1, 8, 15 December	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: 1, 8, 15, 22 September Wednesday: 18, 25 November & 2, 9 December	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: 3, 10, 17, 24 September Tuesday: 24 November & 1, 8, 15 December	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: 28 July & 4, 11, 18, 25 August Tuesday: 20, 27 October & 3, 10, 17, 24 November	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

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: 19, 26 October & 2, 9 November	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: 1, 11, 18, 25 August & 1, 8, 15 September	10am - 12.30pm
Wollongong	Tuesday: 27 October, 3, 10, 17, 24 November & 1, 8 December	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	Tuesday: 20, 27 October & 3, 10, 17 November	10am - 12.30pm
Nowra	Thursday: 30 July & 6, 13, 20, 27 August	10am - 12.30pm
Wollongong	Tuesday: 28 July & 4, 11, 18, 25 August Wednesday: 21, 28 October & 4, 11, 18 November	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: 21, 28 October & 4, 11, 18 November	5.30pm - 7.30pm
Nowra	Thursday: 22, 29 October & 5, 12, 19 November	10am - 12pm
Wollongong	Thursday: 27 August & 3, 10, 17, 24 September	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



TERM 3:

**WEDNESDAY AFTERNOONS
NORTH WOLLONGONG**

**BEGINNER | INTERMEDIATE | ADVANCED
BABIES - ADULTS
CHILDREN WITH SPECIAL NEEDS**

**\$16 PER LESSON
ACTIVE KIDS PROVIDER**

**EMAIL TEAM@PKYP.ORG.AU FOR INFO
& REGISTRATION FORM.
PHONE: 42761229 MON & THURS**

SWIMMING LESSONS



Noah's Inclusion Services

Term 3 2026 Groups Timetable

Noah's Inclusion Services provides therapy, education and support for children and families across the Illawarra, Shoalhaven and Eurobodalla regions. We are here to help your child and family to thrive!

Below are the group programs we will running in Term 3, 2026. Please note that not all groups run every week. Please phone us on (02) 4423 5022 if you would like more information or to book to attend.

Visit our website noahs.org.au to learn more and follow us on social media for our news and updates.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Young Yarns Aboriginal Playgroup 9.30am to 11.30am Albion Park	Gubidja Wurrangalali Gooyoong Aboriginal Playgroup 9.30am to 11.30am Cullunghutti	PlayConnect Playgroup 10am to 11.30am Vincentia	Burri Burri Aboriginal Playgroup 10am to 12pm Gerrington	Little Steps Playgroup 9.30am to 11.30am Vincentia
Bilima Booris Aboriginal Playgroup 9.30am to 11.30am Vincentia	Little Steps Playgroup 9.30am to 11.30am Nowra	MyTime Family Support 9.30am to 11.30am Batemans Bay	Gudjaga Waradba Aboriginal Playgroup 10.30am to 12.30pm Nowra (with Waminda)	
Guganyal Bagan Aboriginal Playgroup 9.30am to 11.30am Ulladulla	MyTime & Parent Connect Family Support 10am to 12pm Ulladulla	Multiple Birth Group 10am to 12pm Ulladulla	Little Steps Playgroup 9.30am to 11.30am Ulladulla	
	Minecraft Matters 3.30pm to 4.30pm Batemans Bay		Jump In Early Intervention Group 9.30am to 11am Batemans Bay	
			MyTime & Parent Connect Family Support 10am to 12pm Nowra	

Noah's offers a range of other programs and NDIS services, depending on availability.

PROGRAMS INCLUDE:

- Growing Together
- Family Support and Training
- Parent Connect
- SWAY Program
- PEERS Program
- Secret Agent Society
- SOS Feeding Program
- Circle of Security

NDIS SERVICES INCLUDE:

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



Noah's

EVERY CHILD. EVERY OPPORTUNITY.

Seasons for Growth Children & Young People's Facilitator Training



**Become a Seasons for Growth
Companion in just two-days!**

Program overview

Seasons for Growth builds capacity for children and young people to develop the knowledge, skills and attitudes to understand and respond well to experiences of change, loss and grief.

Who is training for?

This professional development training enables educators and professionals to facilitate the Seasons for Growth small group program in schools or community settings.

**As a principal of a school, I highly
recommend Seasons for Growth.**

**It gives value to children, a voice and the
ability, and strategies to move forward
positively. They just absolutely love and
engage in the activities.**

– Primary Principal

[VIEW PROGRAM OVERVIEW](#)



5 AUG, 2026

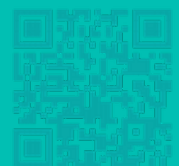
6 AUG, 2026

8:45am - 3:30pm

Wollongong

Training includes: manual, journals, and
catering (for in-person training only).

Price: \$1,200 (incl. GST)



Trainer Contact details

0483 118 626

Nik.Panting@mackillop.org.au

Customer Experience Team

info.seasons@mackillop.org.au

1300 379 569

mackillopseasons.org.au

What's on

July - Sept 2026

Programs @ Wollongong Youth Services

Programs commence Week 2 of the term.

Monday

3.30 - 5.30PM

Rainbow League

A social group for LGBTQIA+ young people.

Tuesday

3.30 - 5.30PM

Dungeons + Dragons

Come and play tabletop games in our auditorium.

4 - 5.30PM

Youth in Fashion

(Bookings Required)

8 week program where you learn to sew your own clothes.

Wednesday

3.30 - 5.30PM

Art Sessions

Come along and learn a range of art mediums.

3 - 5pm

Her Cafe

Come along and develop practical hospitality and barista skills.

Thursday

4 - 5.30PM

Team Ignite

Learn about all things stage production and event management.

6 - 7.30PM
(Fortnightly)

On Stage

Live music, performances and open mic.

Friday

3 - 5PM

Crafts + Chat

Come along to chill, chat + explore a range of craft activities.

Activities are free, supervised and for ages 12 - 24 years
(unless otherwise specified)

Wollongong Youth Services

Wollongong Youth Centre
wollongong.nsw.gov.au/youthservices Call 4227 8222 or
DM our social pages   @WollongongYouthServices

Free



What's on

July - Sept 2026

Outreach

Programs commence Week 2 of the term.

Monday

3 - 5PM

Bundaleer Connect

An afternoon of sports, games + food, for ages 12 - 18.

 **Bundaleer Community Centre**

1.45 - 3.30PM

Bellambi Connect

Learn new things + meet new people, for ages 12 - 18.

 **Bellambi Neighbourhood Centre**

Wednesday

3 - 5PM

Dapto Connect

Learn new things + meet new people, for ages 12 - 18.

 **Dapto Ribbonwood Centre**

Thursday

3 - 5PM

Teenz Connect

Enjoy art, craft, creative play + special guests for ages 12 - 18.

 **Warrawong Library**

Hang Out

@ Wollongong Youth Centre

Tuesdays 3 - 6pm | Thursdays 3 - 8pm | Saturdays 1 - 4pm

Comfy lounges, free WiFi, table tennis, pool, talk to a youth worker
+ more.

Activities are free, supervised and for ages 12 - 24 years
(unless otherwise specified)

Wollongong Youth Services

Wollongong Youth Centre
wollongong.nsw.gov.au/youthservices Call 4227 8222 or
DM our social pages   @WollongongYouthServices

Free

