

Lower Mid North Coast Parenting or Co-Parenting Skills Programs – Updated July 2021

Program Name	Description	Provider / Location	Dates/times	Specific notes	Contact & other details
Parents Not Partners	6-week program for separated parents who are in conflict over children	Interrelate Online Call your local area for more date options	Frequently run - weekly	Parents are not in the same group, mixed men/women. \$25 / session (\$15 Concession) No childcare available	Bookings Essential 02 5525 3200 Port Macquarie 02 6551 1200 Taree 1300 473 528 National
Being a Dad	3-week course Helping fathers to become better parents.	Interrelate Online -	Frequently run - weekly	\$25 / session (\$15 Concession) Gain skills to build closer relationships with their children	Bookings essential 1300 473 528
Building Connections	3-hr session to interactively help separated parents to work together in the best interests of their children	Interrelate Online Live or self-paced	Frequently run - weekly	Helps to build mutually respectful communication skills between separated parents Free – no childcare available	Bookings Online: <ul style="list-style-type: none"> • Self-paced, or • Group Facilitated 02 5525 3200 Port Macquarie 02 6551 1200 Taree
R.A.G.E Renavigating Anger & Guilty Emotions	Anger management course for adolescents – Parents attend to support their child	Uniting Burnside 7 Sherwood Road Port Macquarie	Run on demand Runs for 4 Weeks	Free - Call to book	02 6581 6600

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Tuning into Teens Emotionally Intelligent Parenting	A program to show parents of 10-17 year olds how to help teens develop emotional intelligence, deal better with conflict, and work through behaviours with their adolescents.	Uniting Burnside 7 Sherwood Road Port Macquarie	Start: 13 Aug Friday 10am- 12pm Runs for 6 Weeks	Free - Call to book Morning tea provided	02 6581 6600
Circle Security of	A program for parents to better understand the emotional needs of their child. Helps parents see how to develop a secure attachment with your child	Uniting Burnside 7 Sherwood Road Port Macquarie	Start: 5 Aug Thursday 12.30 – 2.30pm Runs for 6 weeks	Free Call to book Morning tea provided	02 6581 6600
Tuning into Kids Emotionally Intelligent Parenting	Teaches parents emotion coaching skills to recognise, understand & respond to children's emotions	Uniting Burnside 7 Sherwood Road Port Macquarie	Start: 21 July Wed 10am- 12pm Runs for 6 Weeks	Free - Call to book Morning tea provided	02 6581 6600

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Program Name	Description	Provider / Location	Dates/times	Specific notes	Contact & other details
Triple P Positive Parenting Program	Learn to manage common parenting problems to build a strong, healthy family and raise happy, confident children	Uniting Burnside 7 Sherwood Road Port Macquarie	Start: Term 3 - 9 July Mon 12.30pm – 2.30pm Runs for 4 weeks	Free for families with children aged 0-12 years – call to book Morning tea provided No childcare available for this course	02 6581 6600
Tuning into Kids	Teaches parents emotion coaching skills to recognise, understand & respond to children's emotions	Centacare Family Support Network St. Agnes Parish Level 1 Bourne Street Port Macquarie	Varies	Contact centre for bookings	By expression of interest at https://stagnesparish.org.au/centacare/family-support-network-parenting-program-expression-of-interest/ 02 6581 6800
Triple P Parenting Program	For families with children aged 2-12 years, offering families tips & strategies to manage challenging children.	Centacare Family Support Network St. Agnes Parish Level 1 Bourne Street Port Macquarie	Varies	Contact centre for bookings	By expression of interest at https://stagnesparish.org.au/centacare/family-support-network-parenting-program-expression-of-interest/ 02 6581 6800

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Finding Peace in the Chaos	Workshops for parents & carers of teenagers. 5 workshops in total, but each one is also stand-alone.	Headspace 10/12 Short Street Port Macquarie	Currently unavailable due to Covid	Free Workshops include: *Strong emotions & keeping calm, *Communication, connection, expectations, resolution Positive Realistic Conflict	Call 02 6588 7300 to register
Bringing Up Great Kids / Bringing Up Little Darlings	Mindfulness and reflection to assist parents to examine & improve communication with children.	Uniting Child-Care Services Taree & Districts	Varies - 6 week sessions	Call for next session	Call 6553 3992 Uniting 2/49 Hall Street, Old Bar 2430 Call 6552 5088 Child-Care Services Taree & Districts
Triple P Parenting Program	For families with children aged 2-12 years, offering families positive tips & strategies	Child-Care Services Taree & Districts	Varies - 6 week course	Call for next session	Call 6552 5088 Child-Care Services Taree & Districts

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Caring Dads	17-week group intervention program to help dads improve their relationship with their children, including exploration of impact of DV or abusive behaviours on relationships	Manning Support Services 3/57-61 Albert Street Taree	Taking enrollments	Men only Free – morning tea provided Can work in conjunction with “Partner Support” with agreement from participant	Intake required Call Luke on 02 6551 1800
Tuning into Kids	A program to assist parents of 6-12year understand children & children’s behaviour. Aims to strengthen relationships between parents & children.	Manning Support Services 3/57-61 Albert Street Taree	Starts: Wed 14 July (2hrs) 10am – 12pm Every Wed for 6 weeks – call to book	Free - Call for next session	02 6551 1800 to register or refer
Tuning into Teens	A program to show parents of 10-17 year olds how to help develop emotional intelligence, deal better with conflict, and work through behaviours with their adolescents.	Manning Support Services 3/57-61 Albert Street Taree	Runs during each school term Days and times to be announced – Available 2022	Free - Call for next session	02 6551 1800 to register or refer

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Program Name	Description	Provider / Location	Dates/times	Specific notes	Contact & other details
Bringing up Great Kids	Helping parents find new ways to understand children & children's behaviour. Aims to strengthen relationships between parents & children.	Manning Support Services 3/57-61 Albert Street Taree	Runs during each school term Starts July 27 10am – 12.30pm (2hrs) Every Tue for 6 weeks	Free - Call for next session	02 6551 1800 to register or refer
Circle Security of	Helping parents strengthen relationships with their children and build strong attachments.	Manning Support Services 3/57-61 Albert Street Taree	Runs during each school term Start: Tue 13 July 1pm – 2.30pm runs for 8 weeks	Free - Call for next session	02 6551 1800 to register or refer
Getting to know you group	Six-week program for parents and carers with newborn babies	Tresilian in Manning, 78 Albert st, Taree	Tues 10am – 12pm Starts 5 August Runs for 5 weeks	Free – Call to book For parents with newborns 1-8 weeks old	6515 1952 Email: TFCC-Taree@health.nsw.gov.au

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Program Name	Description	Provider / Location	Dates/times	Specific notes	Contact & other details
Triple P Positive Parenting Program Circle of Security 123 Magic & emotion Coaching	Manage common parenting problems to build a strong, healthy family and raise happy, confident children Strengthen relationships with parents & their children. Program to manage difficult behaviour in children without yelling, arguing or smacking.	Forster Neighbourhood Centre	By appointment	Free – Call to book	02 6555 4351 Centre 0472713461 Anniqua Email: volunteers@fnc.org.au Free Counselling for families
Bringing up Great Kids Triple P Young Parent Support (14-25)	Parent programs Helping parents find new ways to understand children Aims to strengthen relationships between parents & children.	Kempsey Family Support Service, 21 Verge St, Kempsey	Various programs available – call to book in	Free	02 6563 1588

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Program Name	Description	Provider / Location	Dates/times	Specific notes	Contact & other details
HIPPY Home Interaction Program for Parents & Youngsters	Free 2-yr program supporting parents and carers to help children make a successful transition to school and beyond.	Samaritans Kempsey 65 Smith Street, Kempsey	Varies / call to engage	<p>Eligibility – one or more of the following:</p> <ul style="list-style-type: none"> • Hold a health care card • Have a child who is Aboriginal and/or Torres Strait Islander • Are caring for a child as a foster carer • Single parent families • Speak English as a second language <p>Have a preschool aged child (4-5 yrs old)</p>	<p>Call: 02 6562 3705 0428 560 936</p> <p>Email: Karissa.black@samaritans.org.au</p>

Personal support and coping skills

Program Name	Description	Location	Dates/times	Specific Notes	Contact & Other details
DUSK	A domestic violence support group that aims to improve the wellbeing and safety of women	Liberty Cottage 22 Table St Port Macquarie	Tue 10am-12pm Runs for 8 weeks	This program has been developed for women who have experienced domestic and family violence. Dusk recognizes that each woman is a unique person with unique experiences and respects their personal journey to increased well being and safety.	Call 6583 2155 for information Clients can be referred or self-referred
Engage 2 Change	A registered Men's behaviour change program that assists men to improve family relationships that involve DFV	Liberty Cottage 22 Table St Port Macquarie	Starts late August/Early Sept - Runs for 12 weeks	For men who are committed and ready to work towards non-violence and self-responsibility in a respectful and confidential group setting.	Call 6583 2155 for information Referrals via supports/agencies or prospective participants. Liberty also delivers Fixed Address - a one to one, case-managed Men's Behaviour Change program which runs on an ongoing basis.

Personal support and coping skills

Program Name	Description	Location	Dates/times	Specific Notes	Contact & Other details
Mr Perfect	Men's mental health connection & Community BBQ	Manning Valley Neighbourhood Service Available for other areas – see website	Last Sunday every month 10.30am – 12.30pm	Mr. Perfect is "Mental Health's Mate", a grassroots "pre-crisis" charity that creates community and connection by bringing men together at BBQs in local parks across Australia, to reduce isolation and encourage better mental health.	Mr perfect.org.au Call Peter 0447 658 182 Manning Valley Neighbourhood Service Old Wingham Courthouse, 4 Farquhar Street, WINGHAM NSW 2429
The Respectful Man	8-session program to help men learning to take responsibility for, and/or change, certain behaviours	Interrelate Online only	Sessions Starting 22 July & 25 August	Men only Currently free Ongoing support available following program (see Interrelate Mates)	PMQ 02 5525 3200 (intake required) Call to be added to list for next online sessions.
Interrelate Mates	Supporting men through difficult life transitions	Interrelate PMQ Unit 5, 1-5 Merrymen Way Port Macquarie	On hold till further notice	Gold coin donation. Moderated peer support group. Via zoom	02 5525 3200 (booking required)
Women's Circle	Trauma informed program designed to heal & empower women who have experienced repeated abuse such as family violence or sexual assault	Interrelate Taree 146 Victoria Street Taree	Thursdays 10am – Via Zoom	Women only \$25 / session (\$15 Concession) No childcare available	02 6551 1200 (intake required)
Financial Counselling	Free, independent and confidential face to face counselling to	PMQ Wesley Mission 4/66 Clarence Street	By appointment	This free service is open to anyone struggling to manage their finances no matter their income levels.	PMQ Mon-Thurs Leah Woods 0448 065 529 Leah.woods@wesleymission.org.au

Personal support and coping skills

Program Name	Description	Location	Dates/times	Specific Notes	Contact & Other details
	help those in financial difficulty or those who wish to manage money more effectively.	Taree Wesley Mission 76 Manning Street			Taree Fridays Steve McWilliams 0447 383 833
Financial Counselling Legal advice Gambling Counselling	Providing Financial counselling	Manning Valley Neighbourhood Services	Mon - Fri	Community support open to anyone within the community	Old Courthouse Building, 4 Farquhar St, Wingham NSW 2429 02 6653 5121
Women Choice & Change	Group to support women who have a lived experience with domestic violence (current or previous)	Manning Support Services 3/57-61 Albert Street Taree	Starts at the beginning of term 4 for 8 weeks 9.30am to 11.30am	Runs every term – call to be waitlisted Women only Free M/Tea provided	02 6551 1800 to register or refer
Women's Anger Management	Group to help women dealing with anger and other difficult emotions and related behaviours	Manning Support Services 3/57-61 Albert Street Taree	Starts at the beginning of school term 2 Days & times to be announced	Women only Free	02 6551 1800 to register or refer
Men's Anger Management	Group to help men dealing with anger and other difficult emotions and related behaviours	Manning Support Services 3/57-61 Albert Street Taree	Starts at the beginning of each school term Days & times to be announced	Men only Free	02 6551 1800 to register or refer

Personal support and coping skills

Program Name	Description	Location	Dates/times	Specific Notes	Contact & Other details
Taking Responsibility	Accredited Men's behaviour change program - working with men who are perpetrators of DFV.	Manning Support Services 3/57-61 Albert Street Taree	Wed 18 Aug 1pm-3pm Call to book for intake assesment	Free group program	02 6551 1800 to register or refer

For Children and/or Parents

Program Name	Description	Provider / Location	Dates/times	Specific notes	Contact & other details
Kids Club Ages 8 to 12 yrs	For children who have been impacted by DFV. Build self-esteem, share experiences, build safety networks & strengths	Liberty Cottage 22 Table St Port Macquarie	Thur 3.30-5pm	Afternoon tea provided It's a safe space to chat with adults who understand and a chance to meet some new friends. Each week we explore all the different ways that make each of us so awesome. Fun activities.	Call 6583 2155 for information Bookings essential
YP Drop in Space	Resource Hub – Youth Workshops or Drop in & Chill	YP Space Mid North Coast 16 Elbow St West Kempsey	Tue & Thu 11am to 6pm	Youth Hub for advice & Info Computer Hub	Deb 0417 761 363 Ramona 0417 441 095
ART SPACE	Fortnightly workshops aimed at supporting youth & LGBTIQ+ youth	Headspace 10/12 Short Street Port Macquarie	Wed 4 – 5.30pm 12 to 17 years fortnightly 18 to 25 years fortnightly	Free Workshops include A/noon tea Art, games, movies A Safe space for all youth	Call 02 65887300 to talk with Shaylee Email: shaylee.brunell@each.com.au (Open all year except for Xmas closure)

For Children and/or Parents

Program Name	Description	Provider / Location	Dates/times	Specific notes	Contact & other details
YOUTH REFERENCE GROUP	The YRG is made up of young people passionate about mental health.	Headspace 10/12 Short Street Port Macquari	Tuesday fortnightly meetings from 4:30pm-5:30/6pm during school terms. 12mths	This is a volunteer role, it is expected that you will volunteer your time for subcommittees, projects and other events. aged between 16 and 25 years at the age of application.	Headspace Port Macquarie Youth Reference Group 2021 - Applications now open Call 02 65887300 Julie
Mitji Wambuyn Playgroup	Playgroup for Aboriginal families. Share culture as well as parenting ideas and strategies whilst you have fun with your child. Indigenous arts & crafts, sensory play, connecting culture & community.	Uniting Church Hastings Street Wauchope	Mondays 10am- 12pm During school terms	Call to confirm location	02 6581 6600
Playgroup	For parents and children. Have fun with your child and meet new friends having the same parenting experiences as you.	Uniting Burnside 7 Sherwood Road Port Macquarie	Tuesdays 10am- 12pm During school terms	Held at playgrounds in Port Macquarie, call for details.	02 6581 6600
Playgroup	For parents and children. Have fun with your child and meet new friends share parenting experiences.	Uniting Church Hastings Street Wauchope	Thursdays 10am- 12pm During school terms	Held at Wauchope Playground, call for details.	02 6581 6600

For Children and/or Parents

Program Name	Description	Provider / Location	Dates/times	Specific notes	Contact & other details
Supported Playgroup Start Strong	For children aged birth to 6 years and their parents/carers.	St Johns Anglican Church – Victoria St (Blue Cross Church)	Mondays 10am- 12pm	Free with morning tea. Crafts, games, music, stories. Run by Samaritans Taree	Diane Mead 0437 513 681
Mobile Play Groups	For children aged birth to school age parents/care givers	Private Session held at home	Call to book	A Free Yard play session Art, Craft, games, music & stories	Diane Mead 0437 513 681
Make, Mend & Grow Group	Home Décor & Healthy snacks for Kid's lunches	South Kempsey Community Centre	Wednesdays 10am – 1pm	Free (Light lunch provided)	02 6562 8300
Home Visiting Steppingstones	Program (3 months) for parents with children 0-8 yrs, Program for parents with children aged 2-12 yrs	Family Support Network Centacare St. Agnes Parish Level 1 Bourne St Port Macquarie	Varies		By expression of interest at https://stagneparish.org.au/centacare/family-support-network-parenting-program-expression-of-interest/ 02 6581 6800
Young Parents' Supported Playgroup	Young parents group to meet others and learn new skills whilst interacting with their children	Manning Support Services 3/57-61 Albert Street Taree	During school terms Mon 10am	Parents under 27 yrs old Free	02 6551 1800 for registration and times
Better Learning Better Communities	Tutor Program for Primary aged aboriginal children	Tobwabba Aboriginal Medical Services 68A MacIntosh St Forster	Tuesdays 3-4.30pm school terms	one-on-one work is provided, encouraging whatever each child is most interested in, be it writing, reading, maths or homework	Contact Lena Donnelly at TAMS on 0437 994 495 or Felicity Carter on 0411 566 593