

## Family and Individual Support

Southside Community Services' Family Support Program is a local service, available on request to individuals and families who may be isolated, in crisis, or needing extra support or information.

The Family Support Program is designed to work with families and individuals in the South Canberra region.



A Family Support worker can speak with you by phone, at our centre or at your home.

Our services are free and confidential. Come and see what we have to offer!



### FAMILY AND INDIVIDUAL SUPPORT

Address: 63 Boolimba Crescent  
Narrabundah ACT 2604  
Postal Address: PO Box 7  
Narrabundah ACT 2604  
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*Dedicated to excellence in  
service to the community*

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### WHO ARE WE?

Southside Community Services' Family Support Program consists of a team of professionals with many years experience in supporting people to achieve their personal goals.



### SERVICES WE OFFER:

- Free confidential support
- Information and referral for families and individuals
- Assistance with applications and documentation
- Assistance with numeracy and literacy
- Assistance to migrants and refugees
- Case Management
- Opportunities for exercise and friendship
- Outings and bus excursions

### THE FAMILY SUPPORT PROGRAM PROVIDES:

- Practical and emotional support
- Information and referral
- Advocacy
- Groups and social activities for families and individuals

### WALK, TALK AND CREATE

This highly popular group meets at the Southside Community Services Centre in Narrabundah on Wednesdays at 10.00am. After the walk, participants enjoy some morning tea while chatting to the group. Once a month there is a community talk, and craft activities are also offered on a regular basis. This group is particularly good for seniors and newcomers are always welcome.



Members of the Family Support Walk, Talk and Create Group on an excursion to Calthorpe's House.

### CREATIONS AT BUNDAH

Southside Community Services is running a craft group at Narrabundah Primary School. Parents, students and children are invited to come along, learn a new craft skill and create something to take home with them. All materials are supplied.



### REFERRALS AND ENQUIRIES

We accept direct enquiries from families and individuals, as well as other community service organisations. Please contact us to discuss your needs.



*For more information please contact:*

**Family Support Worker**  
Delia Walsh  
6126 4740

**Family Support Worker**  
Jenny Daniell  
6126 4716