



Macarthur Family & Youth Services



About Us

Our Vision

A community where families and individuals are healthy, safe, self-reliant and socially connected.

Our Purpose

We create opportunities empowering families and individuals to strengthen their capacity to effectively manage their lives.

What's on at MFYS?

Our team at MFYS would love to hear from you if you are interested in attending one of the programs currently on offer. These programs can also be provided for groups in your particular setting (e.g. school, community group etc.) ...

NABU (Aboriginal Child, Youth & Family)

- Yarn N Learn
- WISH Program
- Love Bites
- Tuning Into Teens
- RAGE

Mainstream (Child, Youth & Family)

- Circle of Security
- Love Bites
- No Scaredy Cats
- Tuning Into Teens
- RAGE

See over for more information and feel free to contact our Team Leaders for registration details and dates.

Supporting children, young people, families and communities to be the best they can be since 1980.

Phone: 02 4620 4667 between 9am & 5pm

Email: admin@mfys.org.au & Website: www.mfys.org.au

Our office is located on the land of the Dharawal Nation.

We pay respects to all Aboriginal Elders, past and present, and to the children of today who are the elders of tomorrow.

Outline of Programs

Following is an outline of programs on offer:

Yarn N Learn - Delivered to the Women's Indigenous Social Housing clients and the greater Aboriginal Community inspiring social, linguistic, creative, physically imaginative and emotional needs of each participant.

WISH - This program supports mothers who are pregnant or have a child up to the age of 2 years old and are at risk of homelessness or have other stressors that increase her and the child's vulnerability.

Circle of Security - The program helps parents to understand their child's emotional world by learning to read their emotional needs. The program supports the child's ability to successfully manage emotions, enhance the development of the child's self esteem and honour the innate wisdom and desire for the child to be secure.

Love Bites - Love Bites is an educational program that focuses on the development of respectful relationships, consent and violence prevention for 15-17 year olds. It has been developed as a flexible model which allows for those working with young people to meet individual needs.

No Scaredy Cats - This is a program to assist parents to learn strategies for managing anxiety and building resilience in their children.

Tuning Into Teens - This parenting program focuses on the emotional connection between parents and their children from 12 years to teens. The evidence based program, strengthens parenting practices, parent-child relationships and children's emotional competence and behaviour.

RAGE - The RAGE program introduces the topics of: reflecting on anger and it's consequences, recognising anger symptoms and identifying the different faces of anger. It is a strengths-based anger management program which is solution focused, hands on and offers practical support. It is also fun for participants! This program caters for ages 12 to 24 years and may be helpful if you require assistance dealing with anger or violence, have been suspended from school or would like to improve relationships with friends and family.

*Feel free to call our Team Leaders
if you would like to discuss
any of the above programs further.*



Financial & Problem Gambling Support

MFYS is a not for profit organisation which offers free services to the Campbelltown and Camden communities.

Our Financial Counsellor is a skilled professional who provides advice and support to people struggling with bills, debts and gambling.

The following support can be provided:

- Assessment of your financial situation.
- Assist with budgeting.
- Provide advice about what to do if you're struggling to pay bills and fines.
- Help reduce or stop gambling behaviours.
- Assist you in negotiating with government agencies, your landlord, utilities, telcos and other creditors.
- Assist you if you are being harassed by debt collectors.
- Refer you to other services such as legal, accommodation, health and crisis services.

MFYS is now EAPA (Energy Account Payment Assistance) Certified and we are also an approved WDO (Work and Development Order) sponsor! See page 4 for more information.

ARC Food Donation

Thank you!



ARC Companion Animal Outreach Donation

We are very proud to be partnering with ARC Food Donation to provide food and practical items to families in need for their much loved pets!

Thank you so much to Petbarn Foundation, Royal Canin, Proudlymars, Coles and Aldi for supporting this great initiative! We would also like to extend our gratitude to ARC Companion Animal Outreach for making this possible.



MFYS would also like to extend special thanks to the following organisations for their continued support:

- **Red Cross** for providing our Trauma Teddies.
- **St James Uniting Church** for their kind donations of food for our pantry.
- **Thread Together & Mother Hubbard's Cupboard** for providing clothing for families in need.
- **GIVIT** for the varied practical support that they provide to the community.
- **Project Net Zero** for donations of furniture for families in our region.
- **ARC Food Donation** for food and practical items to families in need for their much loved pets.
- **Community Pantry** for supporting families with donations of food.

Thank you!

Project Net Zero

We were pleased to recently partner with Project Net Zero. We are grateful to have received their kind donation of furniture which will help us provide support to families of Camden and Campbelltown.

Pictured: Greg Bird of Project Net Zero and Veck, MFYS Director.



Agency Exchange Day

On Thursday, 22 June 2023, MFYS were invited to attend the Agency Exchange Day. This was a valuable experience which provided our team with the opportunity to network and explore support and referral pathways for our client group.

Pictured:

**Caseworkers; Mary Azzi and Jasmina Djezic
Team Leaders; Jaya Kunjaboo and Nerida Harris.**



Oran Park Services School Expo

MFYS attended the Oran Park Services School Expo on 8 June 2023. This event was a great opportunity to provide students with valuable information relating to the supports that we are able to offer young people in the local community.

Survey results from the expo:

- 83% of students found the services expo to be useful or extremely useful.
- 72% of students are likely or extremely likely to reach out to services if they are in need of support.
- 90% of students learnt about new local support services as a result of attending this event.

We were so pleased to receive such positive feedback!



**YARN N LEARN WOMENS GROUP – COMMUNITY
WELCOMED
ABORIGINAL AND/OR TORRES STRAIT ISLANDER
FAMILIES OR CARERS OF A&TSI CHILDREN**



**TUESDAY FROM 10.30 TO 12.30 (School Term Only)
105 Townsend Ave Minto (Waranwarin)**

**Guest Speakers - Parenting Support - Life Skills and Goal Setting
- Supportive social networking - Healthy eating and Budgeting -
Yarning Circles - Links to Community - Financial Planning -
Health & Nutrition - Mentoring**

**Transport and Child Minding Available bookings essential
No Cost Morning Tea Provided
Call Nerida for more details 4620 4667**



Mark Your Calendar!

YARN & LEARN

**TUESDAYS FROM
10.30 TO 12.30**

Celebrating Mother's Day

On Monday, 15 May 2023, MFYS organised a staff afternoon tea to celebrate Mother's Day.

We we also like to take this opportunity to extend our best wishes and celebrate all of the mothers, step-mothers, grandmothers, aunts and other special carers who form part of our MFYS community!



Our Impact in the Community

At MFYS, we often receive positive feedback from families who we have supported in the community. Recently, we were particularly proud to receive the following comments from families supported by Jasmina, Puja and Heshmat. Great job, team!

Heshmat:

'Thank you so much, once again. You're an angel. I appreciate all you did to help me and my family'.

'Saying thank you so, so much. May God bring happiness to your heart because you helped me a lot'.

Jasmina:

'I want to give a huge thank you for all that you have done! You have done more for me and the kids than anyone has in the past 2.5 years. You have been amazing and I will always be grateful! Thanks again!'

Puja:

'Thank you so much for all the support, Puja. We are so grateful for your presence during a difficult situation. We now have a proper place to move to and have food, utensils, clothes etc. Thank you for your motivation. We really appreciate all your efforts'.



Don't forget to like and follow us on Facebook
Macarthur Family & Youth Services



NAIDOC Week Celebrations

NAIDOC Week is certainly one of the most significant events on the MFYS calendar.

Our team was well organised and actively involved in a range of activities. It was a huge week of celebrations and we are extremely proud of our staff for all their hard work!

A special mention goes to our NABU / Aboriginal Team ... what an amazing effort!



Types of Support Provided by MFYS

MFYS is a not for profit organisation which offers free, early intervention case management support services to the Campbelltown and Camden communities.

We can come to your home or wherever you feel safe. Alternatively, you can visit us at the office.

Types of support include:

- Parenting courses
- Parenting skills and managing behaviours
- Problem solving
- Household routines
- Family relationships
- Schooling issues
- Financial & problem gambling counselling
- Other group facilitation

***Visit our website to download an Intake Form
or contact our Admin Team for more information.***

Confidentiality

This service is confidential except for some specific circumstances including where a child or young person is deemed at risk of harm.

Your records will be securely kept.

