



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
- 1-2-3 Magic
- Love Bites
- Tuning Into Teens
- RAGE

Mainstream (Child, Youth & Family)

- 1-2-3 Magic
- 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.

1-2-3 Magic - This program aims to support parents with strategies in dealing with children's difficult behaviour by using a signalling system to manage these issues. The program assists parents to develop and manage parental boundaries.

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 their child's self esteem and honour the innate wisdom and desire for their 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

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.

Our Impact in the Community

From the beginning of January to the end of March this year, MFYS have supported a total of 346 families. Of these families, 129 identified as Aboriginal and 69 families were from a non-English speaking background.

The largest proportion of referrals received were 'self referrals' followed by referrals from the Department of Health.

During this time, we covered a wide range of support. The main areas covered were:

- financial difficulties
- mental health issues
- parenting issues

Our team is truly proud to make such a positive impact in the community!



MFYS would like to extend special thanks to the following organisations:

- 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.



EAPA's & WDO's Explained

EAPA (Energy Account Payment Assistance)

If you're having difficulty paying your current household energy bill because of a short-term financial crisis or emergency, such as unexpected medical bills, or reduced income due to COVID-19, you could be eligible for Energy Accounts Payment Assistance (EAPA) \$50 vouchers. To apply you will need:

- to live in the Campbelltown or Camden area.
- to be receiving Centrelink benefits.
- to be able to provide three (3) months of bank statements.
- to be able to provide appropriate identification.
- to have a copy of the bill.

WDO (Work and Development Order)

WDO's are a way to help people who can't pay their fines. WDO's deliver real change and community benefit by:

- allowing clients to clear their fines through unpaid work, courses and treatment programs with approved WDO sponsors.
- helping clients to get their driver's licence back and make a fresh start.

The WDO scheme helps people who:

- are on a low income or are receiving Centrelink benefits.
- have a mental illness.
- have an intellectual disability or cognitive impairment.
- have a serious addiction to drugs, alcohol or volatile substances.
- are homeless.
- are in acute economic hardship.

Contact our Financial Counsellor for more information.

Our New Team Polo Shirt

Our team now have a new MFYS polo shirt which will make us easy to identify when in the community and at events.

Don't forget to say hello if you see us out and about!





Youth Homelessness Matters Day

Team MFYS was proud to participate in the Youth Homelessness Matters Day on Wednesday, 19 April 2023.

There was FREE music, prizes, giveaways, haircuts and a BBQ provided!

The event was a huge success and a great opportunity to spread the word about why youth homelessness matters.

Well done to all the organisers and other participants!

STRONG BONDING
FAMILY RELATIONSHIPS

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



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



Types of Support Provided by MFYS

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

Types of support include:

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

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.

