



Referral Directory

**A post separation services guide for
Public Schools in the :**

Shoalhaven, Eurobodalla and Bega Valley

This resource was developed specifically for school staff as part of the University of Wollongong Community Engagement Grant Scheme project 2012/13, in partnership with:

NSW Department of Education & Communities, University of Wollongong and South Coast Family Law Pathways Network.



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SOUTH
COAST NSW

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NOTE - This is not an exhaustive directory of services for children and families experiencing family separation. Only those key services identified as most relevant to schools who contributed information are included.

For more information about other services and programs available, please contact the Nowra Family Relationship Centre on 44 291400

Referral information about services and programs on the South Coast

Service provided	Primary provider of information and referrals post separation services Family Relationship Centre (Govt funded)
Who for ?	Separating families and service providers. Information enquiries about regional services & programs from schools are encouraged.
What do they do ?	Information about post separation services and support programs for children and parents- from Nowra to Bega. Information about family relationships at all stages, including overcoming relationship difficulties or dealing with separation. (The centre also offers a range of programs and mediation services as detailed elsewhere).
Where ?	Nowra (Family Relationship Centre also outreaches other services to the whole South Coast)
When ?	Monday to Friday 9am to 5pm
For more info contact	Nowra Family Relationship Centre 47 West st Nowra , 44 247150 (region-wide intake and enquiries)

Service provided	Southern NSW Family Referral Service
Who for ?	Families, children and young people
What do they do ?	Work with families to link them with most appropriate support services in their local area; work collaboratively with services to provide an integrated service response that support families to resolve issues, promote child wellbeing, prevent escalation to crisis and foster the development of supportive, protective and nurturing environments for children and young people.
Where ?	Eurobodalla, Bega Valley, Bombala, Cooma Monaro; <i>Plus : Snowy River, Queanbeyan, Palerang, Goulburn Mulwaree, Yass Valley, Upper Lachlan, Oberon, Boorowa, Young, Harden and Weddon local government areas</i>
When ?	8am-6pm Monday to Friday By appointments on weekend
For more info contact	1300 736384

Legal Advice and information (for school staff)

Service provided	Legal Services Directorate
Who for ?	School and other departmental staff.
What do they do ?	Provide legal advice and assistance to school staff in relation family law related issues in schools
Where ?	State Office Level 5 Bridge Street Sydney
When ?	Monday to Friday 9am to 5pm
For more info contact	Legal Services Directorate Telephone: 9561 8538 Fax: 9561 8543 Email: legal@det.nsw.edu.au

Legal Advice and information (for parents)

Service provided	Free family law advice to separating parents Legal Aid
Who for ?	Eligible adults. All persons entitled to a 20 minute free appointment where information is provided by a solicitor
What do they do ?	Free family law advice including: divorce, parenting post-separation, family law orders, consent orders, parenting plans, mediation, property, child support- DNA parentage testing, care and protection matters.
Where ?	Nowra plus outreach to : Ulladulla, Batemans Bay and Moruya on specified days by appointment. Nowra Office: Level 2, 59 Berry st Nowra 2541
When ?	Nowra appointments : Every Wednesday from 10am – 12.30pm and 2pm – 3.30pm..
For more info contact	44 224351

Supervised Changeover (swapping care between parents)

Service provided	<p>Supervised Changeover (Govt funded)</p> <p>CatholicCare and Marymead</p>
Who for ?	High conflict parents and/ or where there is a risk of family violence or risk to the child
What do they do ?	<p>A supervised location, staffed by specialist workers, where parents in high conflict can 'swap' care of the child/ren in safety. Typically co-ordinated so that one parent drops the child/ren off (and stays) with the worker at a set time and the other parent arrives to collect the child at a staggered times. Care is taken to ensure that the parents do not connect e.g. separate entrances, strict times and car parks etc.</p> <p>This is a more appropriate option for changeover than the school gate where parents may be in consistently high conflict, domestic violence risks and where an ADVO may exist. Courts often order such parents to access these services but an order is not required, parents and schools can make referrals by calling the service.</p>
Where ?	<p>Nowra (CatholicCare) for Shoalhaven families ;</p> <p>& Moruya (Marymead) for children who live on the far south coast (Eurobodalla to Bega). Parents travel from all over Australia. Visits take place at 67-71 Campbell st Moruya. Arrangements may be made to use other locations.</p>
When ?	<p>Nowra (CatholicCare) is usually fortnightly, on certain days of the week but may vary so please call for current information. Moruya operates Fridays and Saturdays. Waiting lists often apply. There is an intake and assessment process and a small fee but arrangements can be made for people in financial difficulty.</p> <p>Moruya (Marymead) is Fridays and Saturdays. No fee.</p> <p><i>* Note- sometimes Changeover services will co-ordinate parents to pick up a child at school one day e.g. a Friday afternoon, and drop off Monday morning with the other parent to collecting Monday afternoon. This is monitored by the service and can be effective (as long as parents comply).</i></p>
For more info contact	<p>Nowra (CatholicCare) : 44 291100 or 42 547777</p> <p>Moruya (Marymead) : South Coast Outreach mobile: 0406 375 247 or 6162 5800</p>

Supervised Contact (visits between parent & child)

Service provided	<p>Supervised Contact (both Govt funded and private)</p> <p>CatholicCare, Marymead, CareSouth</p>
Who for ?	<p>Parents who wish to spend time with their child but where there are child welfare / safety concerns / risk of violence for the child spending time alone with a parent. Often accessed by families with a FaCs Caseworker and/ or by court order.</p>
What do they do ?	<p>Provide a supervised and safe environment where a child can have direct contact visit with their parent/s. Often accessed where there are child welfare concerns or where there are allegations of abuse. The courts and Family and Community Services (FaCS) often refer families but parents and schools can also refer. Contact services are also useful to support the re/introduction of a parent to the child after a long period of absence.</p> <p>Supervision is provided by a qualified worker with expertise in drug and alcohol, mental health & child protection. Most Contact services are government funded and have a waiting list but there are also more accessible, private services (which charge a fee). They are Mandatory Reporters and visits are strictly monitored and recorded. Visits can take place at the organisations office or other location by arrangement e.g. in a park etc. Contact and Changeover Services are usually provided by the same providers and often simultaneously.</p> <p>Appropriate where parents are requesting visits to the school during school hours as a way of spending time with their child/ren because they have restricted access to their child i.e. an existing order. <i>They are funded specifically for this purpose.</i></p>
Where ?	<p>Govt funded :</p> <ul style="list-style-type: none"> • Nowra (families living in the Shoalhaven) – CatholicCare • Moruya (families living Eurobodalla and Bega) – Marymead <p>Private :</p> <ul style="list-style-type: none"> • Nowra and Wollongong –CareSouth
When ?	<p>All Contact services in the South Coast region are part-time and operate on certain days of the week. The Moruya service operates Fridays and Saturdays. This is subject to change. Also, there is an intake and assessment process, so phoning the service for information before referring is highly recommended.</p>
For more info contact	<ul style="list-style-type: none"> • Nowra (CatholicCare, Govt Funded) : 44 291101 • Moruya (Marymead, Govt Funded) : mobile 0406 375 247 or 6162 5800 • Nowra (CareSouth, Private) : 1300 554 260

Therapeutic Groups & Individual Counselling for CHILDREN

Service provided	Individual Counselling - Child & Adolescent ANGLICARE
Who for ?	Children & Adolescents experiencing family separation.
What do they do ?	'One on One' counselling, specifically for children struggling with family separation.
Where ?	ANGLICARE, 47 West st Nowra
When ?	Tuesdays & Fridays
For more info contact	ANGLICARE Counselling Service: 44 247100 (Tuesdays and Fridays)

Service provided	Therapeutic Group for Children “ Kids world “ ANGLICARE
Who for ?	Children whose parents are separated / divorced. Two groups : One for ages 5 to 7 and one for ages 8 to 12.
What do they do ?	Therapeutic support in a group context – specifically for children in separating/ separated families.
Where ?	ANGLICARE, 47 West st Nowra
When ?	Every school term throughout the year. Cost \$5 per session. Wednesday and Thursday
For more info contact	44 247150 (Wed & Thursdays)- Parent queries welcome

Service provided	Post Separation Counselling “ KAYAKS “ (Kids And Youth Are Kool) Marymead
Who for ?	Children whose parents are separated / divorced in the Eurobodalla Shire.
What do they do ?	Counselling for children post separation up to the age of 18. Helping children understand the separation/ divorce process, assists them to deal with their feelings and help them to develop coping skills whilst they adjust to this change in their family. Each child has their own session which provides a safe place for them to talk about their experience and get help to adjust to their new family situation. Each child is usually offered six sessions. Some sessions with parents may be provided to help them to understand their children's needs during family change.
Where ?	Moruya Office : 67-71 Campbell st Moruya
When ?	One day per week- alternate Tuesdays and Wednesdays. Waiting list may apply.
For more info contact	Marymead ACT 6162 5829 (phone enquiries are made to the Canberra office in the first instance.)

Service provided	Shoalhaven Managing Children Program (SMCP) Teaching and support program for families experiencing difficulties managing the behaviour of their children.
Who for ?	Children aged between 2 ½ and 7 years.
What do they do ?	Personalised one on one support with parent and child in the first stage. Three formal sessions per week (usually for a school term) in the second stage, if required. Teaches behavioural techniques in a supportive environment. A one-off fee of \$72 applies (as at July 2013) – if parents are experiencing financial difficulty, arrangements can be made to pay in instalments.
Where ?	Noahs Ark Centre - 41 Worrigeer st Nowra 2541
When ?	Formal sessions: Mondays, Tuesday and Thursdays (as at July 2013)
For more info contact	Program Co-ordinator , Managing Children Program- Noah's Shoalhaven 44 23 5022 email : nowra@noahsark.nsw.edu.au

Support Groups for PARENTS

Service provided	<p>Group program. Also individual casework “ Keeping Kids in Mind”</p> <p>CatholicCare</p>
Who for ?	<p>The KKIM suite of services offers support for separated families (with children any age) experiencing conflict and/or complex needs such as : conflict, violence and other significant concerns such as addictions.</p>
What do they do ?	<p>Group work with parents.</p> <p>KKIM endeavors to offer a wide range of services that fosters psychological and social well being, and builds resilience in children and their families following separation.</p>
Where ?	<p>CatholicCare, 55 Worrigeer st Nowra 2541</p>
When ?	<p>Mon to Fri 9-5</p>
For more info contact	<p>Intake Officer 42 549 316</p>

Therapeutic Groups & Individual Counselling for PARENTS

Service provided	Post Separation Cooperative Parenting (PSCP) Counselling (Govt funded)
Who for ?	Parent's experiencing separation
What do they do ?	Individual Counselling. Psycho-educational Groups "Our Children" (see below) Post-separation Counselling
Where ?	Nowra, Ulladulla, Moruya, Bega. Outreach to Jerrinja, Wreck Bay and Wallaga Lake communities
When ?	By appointment. Groups are run weekly. Counselling as per availability. To access call the Information & Referral number: 1300 223 566.
For more info contact	Michelle Woszatka, Program Manager – Family Services & PSCP, Anglicare Shoalhaven – mwoszatka@anglicare.org.au ph: 4424 7110 / 0429 070 193

Service provided	Workshops "Our Children"
Who for ?	Parents experiencing separation
What do they do ?	A group workshop or individual session to help separated parents understand their children's needs during the time of separation. The workshops focus on: <ul style="list-style-type: none"> ◦ The stress of negotiating between mum's and dad's worlds. ◦ Various degrees of conflict between Mum and Dad. ◦ Effective communication between parents in order to create a good parenting relationship. ◦ Self-care and help with identifying other useful support services.
Where ?	Shoalhaven, Eurobodalla, Bega - in partnership with local community organisations.
When ?	By appointment. To access the workshop/relevant outreach worker call the Information & Referral number: 1300 223 566.
For more info contact	Michelle Woszatka, Program Manager – Family Services & PSCP, Anglicare Shoalhaven – mwoszatka@anglicare.org.au ph: 4424 7110 / 0429 070 193

Service provided	Counselling CatholicCare
Who for ?	Separating families.
What do they do ?	Please call for details
Where ?	Nowra, Moruya and Bega
When ?	
For more info contact	44 218248

Service provided	Counselling UNIFAM (Govt funded)
Who for ?	Separating families.
What do they do ?	UNIFAM provides Family Counselling and Family Dispute Resolution (Mediation) under the <i>Family Law Act</i> regarding children's and property matters. <ul style="list-style-type: none"> • Individual Counselling • Family Counselling with Children and Adolescents • Couple Counselling • Counselling After Separation
Where ?	48 Junction st Nowra
When ?	Please contact for current information.
For more info contact ...	4423 7782 email : nowra@unifamcounselling.org

Service provided	Aboriginal building connections “ For our Kids “ ANGLICARE Post Separation Cooperative Parenting Service
Who for ?	Aboriginal parents experiencing separation
What do they do ?	A group workshop or individual session to help separated parents have strong, healthy, loving relationships with their kids Topics include: Looking after yourself How family breakdown and conflict can affect kids Strategies to be a more effective parent Tips for communicating with the other parent
Where ?	Shoalhaven, Eurobodalla, Bega - in partnership with local community organisations.
When ?	By appointment.
For more info contact	Sue Cutmore, Indigenous Service Advisor, Nowra Family Relationship Centre - scutmore@anglicare.org.au ph: 02 4429 1400 / 0423 409 722 Michelle Wozatka, Program Manager – Family Services & PSCP, Anglicare Shoalhaven – mwozatka@anglicare.org.au ph: 4424 7110 / 0429 070 193

Service provided	Counselling ANGLICARE
Who for ?	Separated and separating parents. Individual, relationship, men, children & adolescent
What do they do ?	Individual counselling
Where ?	Berry, Nowra, Ulladulla, Moruya & Bega
When ?	Counselling – as per availability
For more info contact	ANGLICARE 4424 7100

Family Support

Service provided	Family support to Aboriginal women and their children. WAMINDA
Who for ?	Aboriginal women; non-Aboriginal women with Aboriginal children; non-Aboriginal women with Aboriginal partner, living in the Shoalhaven (Gerringong to Ulladulla)
What do they do ?	<ul style="list-style-type: none"> • Support to Aboriginal women and their children to develop skills, build upon their strengths and to identify needs in relation to family, housing, financial, social and emotional wellbeing; • Supervision of the Aboriginal Family Support Worker and Playgroups workers; • Case Management of Complex clients working with WAMINDAs case management plan; • Case management and support in relation to DOCs (FaCS) and court referrals; • Support and Advocacy for Aboriginal women and their children with other services within the Shoalhaven • Facilitate workshops within the community to strengthen the capacity of the Aboriginal women and their children. • Doctors clinic Tuesdays (full day) and Thursday (half day). • Transport can be provided.
Where ?	WAMINDA office: 77 Osborne st Nowra
When ?	Monday to Friday 9am to 3.30pm (Intake hours)
For more info contact	44 21 74 00 email : cleone@waminda.org.au

Service provided	Grandparent's Post Separation Cooperative Parenting (PSCP) workshops ANGLICARE
Who for ?	Aboriginal grandmothers and grandfathers - provided free of charge to grandparents.
What do they do ?	A group workshop or individual session to support and strengthen grandparents and their families through the generations by working together.
Where ?	Nowra, Moruya and Bega
When ?	By appointment. To access the workshop/relevant outreach worker call the Information & Referral number: 1300 223 566.
For more info contact	Michelle Woszatka, Program Manager – Family Services & PSCP, Anglicare Shoalhaven – mwoszatka@anglicare.org.au ph: 4424 7110 / 0429 070 193

Family Dispute Resolution (mediation between parents)

Service provided	Family Dispute Resolution (mediation) Nowra Family Relationship Centre (Govt funded)
Who for ?	Separating families.
What do they do ?	The centre offers a mediation service to assist separated parents and in some cases extended family members to develop and agree on parenting arrangements for children. They will mediate detailed school arrangements between parents where no other matters are an issue, regardless of marital status or stage of separation (i.e. even if parents have been divorced for years, re-partnered, high conflict, living in different areas). Indigenous Service advisors to assist indigenous families.
Where ?	Nowra Family Relationship Centre locations : <ul style="list-style-type: none"> • 47 West st Nowra (Main Centre and intake enquiries) • 88 South st Ulladulla • 24 Ford st Moruya • 80 Auckland st Bega
When ?	Waiting list may apply. Please call for current information.
For more info contact	Intake Team Leader- Karen Christison: 44247150 or email :nowrafrfc@anglicare.org.au

Service provided	Family Dispute Resolution (mediation) UNIFAM (Govt funded)
Who for ?	Separating families.
What do they do ?	Unifam provides Family Counselling and Family Dispute Resolution (Mediation) under the <i>Family Law Act</i> regarding children's and property matters.
Where ?	48 Junction st Nowra
When ?	Please call for current information.
For more info contact	44 23 7782 email: nowra@unifamcounselling.org

Domestic Violence

Service provided	Domestic Violence and Community Counselling YWCA NSW
Who for ?	Adults living between Bendalong and North Durras.
What do they do ?	Counselling for adults suffering anxiety, depression, separation issues, Domestic Violence, parenting issues, grief and loss.
Where ?	Ulladulla Community Health Centre Cnr South st and Princes Hwy, Ulladulla 2539
When ?	Monday to Thursday 8.30 to 5pm
For more info contact	1300 792 755

Service provided	Domestic Violence Support Service (DVSS) YWCA NSW
Who for ?	Women affected by domestic and family violence
What do they do ?	Support workers are available to provide follow up support in a safe supportive environment and to assist women become aware of their strengths and gain confidence as they regain control over their lives. Workers also raise awareness and understanding of violence against women through effective community education to enhance the status of women and children.
Where ?	8 McGrath Ave Nowra
When ?	9.30am - 4.00pm Monday to Friday
For more info contact	Support worker 4423 8513

Service provided	Women's Domestic Violence Court Advocacy Service (WDVCAS) YWCA NSW
Who for ?	Women affected by domestic and family violence
What do they do ?	<p>Assist women to obtain legal protection from domestic violence and other needs including accessing support services. Legal advice is not provided.</p> <p>The support is provided before court, at court and after court the WDVCAS can refer women to other services that can help with things such as safe housing, income support, children's needs, family law and counselling. The WDVCAS can provide information about what to do if the abuse continues. The WDVCAS ensures women have a safe place to sit at court, provides information to help understand what is happening and assists to get an Apprehended Violence Order (AVO) that is best for the situation. Women's Domestic Violence Court Advocacy Services will also advise about the progress of the matter through the court, including future dates to attend court.</p>
Where ?	The Services is based at 8 McGrath Ave, Nowra and provides support at Nowra Local Court each Friday
When ?	9.30am - 4.00pm Monday to Friday
For more info contact ...	A support worker on 4423 8513

Service provided	Domestic Violence Intervention Service (DVIS) YWCA NSW
Who for ?	People affected by domestic and family violence
What do they do ?	The role of the Domestic Violence Support Worker is to work in partnership with Police at the Local Area Command in Nowra. The service provides crisis support and follow-up to victims in the Shoalhaven area who are affected by domestic violence.
Where ?	The Shoalhaven Region
When ?	The service operates out of Nowra Police station 9.30am - 4.00pm Monday to Friday with workers on-call on the weekend.
For more info contact	A Domestic Violence Support Worker can be contacted on 02 4421 9658.