

Family Support Service

Confidential Support and information on a wide range issues that families may face.

- **Parenting** – can facilitate Bringing up great kids individually or in groups. Even if you have great kids this program can help you add some new ideas or tools to the mix!
For all ages – its never too late to learn some new tips.
- **Cooking** quick budget friendly meals for the family and the dreaded lunchbox.
- **Household routines , Goals, Time and stress management**
- **Budgeting**
- **Liaise with School** if your child is refusing to go, has issues with bullying or has been suspended or expelled.
- **NILS-** no interest loans for white goods and essential household items.
- Comprehensive parents Library of **books and DVDS** on parenting, relationships, divorce, grief and loss, nutrition, cooking, gardening and self-sufficiency.
- **Advice and referral** to other services, and so much more!
- Covering the four shires of Murweh, Paroo, Bulloo, Quilpie.
Charleville Neighbourhood Centre Melissa Vaggs- (07) 4654 3324
familysupport@charlevillenc.org.au



Youth Support Service

A Service based in the town of Charleville to help young people aged 12-18 facing issues such as disconnection with school, family or friends.

- Advice and referral on a wide range of challenges that teens may face such as-
 - Bullying, drugs and alcohol, self-harm, problems at school , accessing tafe courses available locally, writing a resume.
 - Resilience skills to cope with issues at home, school or within the wider community.
 - Skills to improve capacity to develop independent living and improve overall health and wellbeing.
 - Informal counselling and mentoring to build self-esteem, resilience and involvement in the community.
 - Support to youth activities such as youth council and general information sessions.
 - Particular focus on bringing together workable solutions between schools, Parents, and youth to be either learning or working towards employment by sourcing certified training or structured work experience.
- Charleville Neighbourhood Centre Melanie Connolly (07) 4554 1345
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