



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 You can find us on Facebook as well.

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.



Financial Education Sessions In the Community

Our Financial Counsellor regularly holds education sessions both at our MFYS premises and at other venues in the community.

We are proud to be able to offer these valuable information sessions in the Campbelltown and Camden areas.

Contact our office on 4620 4667 to find out more.

Thank You For Your Support

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

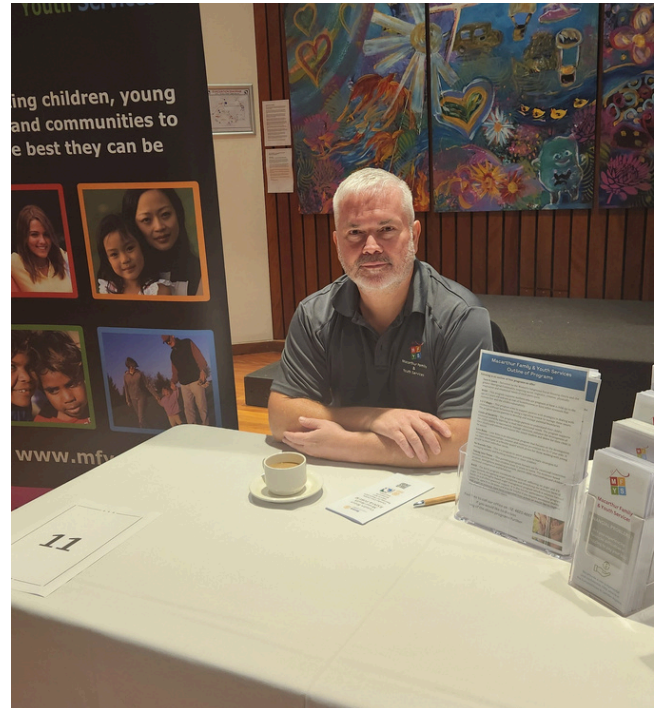
- **St James Uniting Church** for their kind donations of pantry food and for the Easter Eggs that were very popular with our families.
- **Thread Together & Mother Hubbard's Cupboard** for providing clothing for families in need.
- **GIVIT** for the varied practical support that they provide to the community.
- **Project Net Zero** for donations of furniture for families in our region.
- **Community Pantry** for supporting families with donations of food.
- **RRT** for the kind donations of 8 food boxes every month for families in need and thank you to our caseworker Tracey for organising it.



We have vacancies on both Mainstreams and the Aboriginal program NABU. Don't hesitate to call us if you need support.



GENERAL NEWS



On Saturday the 23rd of March 2024, Veck, Our Director, represented MFYS at Camden Rotary Club Mental Health Forum & Expo. It was very well attended by services and community . There was lots of speakers, sharing their knowledge about Mental Health and illness affecting people.

Cultural diversity is about appreciating that society is made up of many different groups with different interests, skills and talents. MFYS is an excellent example of cultural diversity. On the 20th of March 2024, we celebrated Harmony Day and we enjoyed different types of foods of all cuisines and culture.



General News



MFYS delivers important services to families in their homes. We transport clients to a number of appointments including medical, counselling, meetings with Housing, schools and more, to address their needs and support them to achieve their goals. The majority of the work undertaken by the caseworkers is conducted in the community and having two new reliable vehicles will improve accessibility, transportation and supporting families.

Community Impact

At MFYS, we regularly receive positive feedback from families who we have supported in the community. We would like to share the following comments from families supported by Puja, Zelia, Nerida and Natalie.

Great job !



Puja's Client:

'It was nice meeting you. Especially those moments in my life when I needed it most. The mental support that you gave me during my pregnancy was really fantastic. The information about family support was really unknown to me and your spontaneous support was helping me to figure out all of these. Now I'm feeling confident and more relaxed.'

Zelia's Client :

My Children and I are so grateful for the help and support from MFYS. Zelia was our case worker and she is incredible. I didn't know this service existed and I am so glad we found them. So much love for the work these people do. Thank you for helping us get back on our feet."

Nerida and Natalie's Client : I have had a great experience with the NABU team through MFYS. I've had the pleasure of having two wonderful and very helpful workers from NABU over the years and I am extremely happy with the help and support I have received and still receiving.

MFYS Support Statistics - 1st December 2023 to 31 of March 2024

Case summary breakdown information for the period:

- New Family Numbers : 254
- **Incoming Referral Sources of New Families :**
- Self Referral : 145 - Health Agencies : 56
- DCJ : 30

The major support areas during this period included:

- Financial difficulties : 158 cases
- Mental Health issues : 106 cases
- Parenting related issues : 43 cases.
- Housing/Homelessness : 43 cases.
- Self Esteem/Confidence : 33 cases.
- Isolation : 31 cases.

Country of Birth :

- Australia : 109 - Egypt : 28 - Not Stated : 19
- Iraq : 16 - Lebanon : 11

Breakdown of time spent with all families/ Session Type :

- Email : 782 - Face-to-Face : 693 - Phone : 3172 calls.

We are proud to have provided this support in our community.



What's New in NABU?



Yarn and Learn Women's Group Community Welcomed

Tuesdays from 10.30 am to 12.30 pm
(School Term Only)



105 Townsend Avenue, 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 and Nutrition - Mentoring



Transport and Child Minding Available
Bookings Essential

No Cost - Morning Tea Provided

Call Natalie for more details on 4620 4667



Mark Your Calendar!

YARN & LEARN

TUESDAYS FROM
10.30 TO 12.30

We are pleased to welcome Nerida back, the Team Leader of NABU after her maternity leave and thanked Natalie for her excellent job as Acting Team Leader while Nerida was away.



GROUPS



On the 27th of March, the 3rd and the 10th of April, Heidi and Jasmina had the opportunity to run the Tuning In To Teens Parenting Program.



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.

*Please don't hesitate to call our office, if you need our support.
Visit our website, 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.

