



# Macarthur Family & Youth Services



## About Us

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### 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/groups currently on offer ...

### 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](mailto:admin@mfys.org.au) & Website: [www.mfys.org.au](http://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 teach parents how to deal with children's difficult behaviour by using an easy way to learn and an easy to use signalling system to manage difficult behaviour. 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 pre-schoolers to teens. The evidence based program, improves parenting, 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 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 also now EAPA Certified!**

## Our Impact in the Community

During the first three months of this year, our team was successful in providing support to over two hundred (200) families.

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

- financial difficulties
- parenting related matters
- mental health issues
- homelessness

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



*thank  
you!*

**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 for providing clothing for families in need.

# 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
- Supported playgroups
- 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.

