



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

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! See page 4 for more information.

MFYS Office Building Repairs

Our Office recently underwent significant building repairs due to a flooding issue earlier in the year.

During this time, many of our team members worked remotely with only limited staff working from the office.

We are proud to report that Team MFYS continued to provide much needed support to families in our community despite the disruption to our usual work routines.

We were so excited to welcome the Team back to the office on Monday, 11 September!



Thank You

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

- **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.
- **Project Net Zero** for donations of furniture for families in our region.
- **ARC Food Donation** for food and practical items to families in need for their much loved pets.
- **Community Pantry** for supporting families with donations of food.

Thank you!



Financial & Problem Gambling Education Sessions

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

Contact us to find out more.

We recently held a special Team lunch to celebrate Father's Day.

We would like to take this opportunity to extend our best wishes and celebrate all of the fathers, step-fathers, grandfathers, uncles and other special carers who form part of our MFYS community!

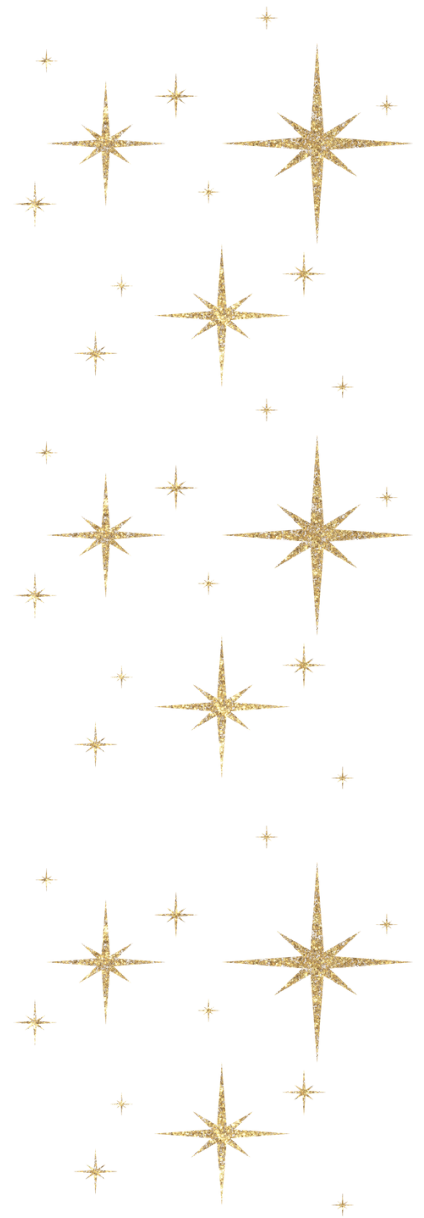


Our Impact in the Community

At MFYS, we often receive positive feedback from families who we have supported in the community.

Recently, we were particularly proud to receive the following comments from families supported by Puja, Jasmina and Heshmat. Great job, team!

- *'Working with MFYS and Puja has been a blessing for me and my family. They gave me support where I had none and really helped me access the services I needed to move forward with my family. Puja was amazing and I cannot thank her enough for her effort, her care, and attention to detail as she has guided me through such a difficult turn in my life. I will forever be thankful.'*
- *'Good morning Jasmina. How are you? Sorry that you haven't heard from me as I have been really busy lately. Thank you, what you did meant a lot to me and my kids'*
- *Received by Heshmat after a client's debts had been waived:- 'Can I confirm this has been waived? Apologies, I just want to be sure. This almost doesn't feel real. If it has been fully waived, thank you all so much. I'm shaking right now. I can finally get on my feet and start my future without the constant stress and financial hardship. We are very grateful, thank you again! I really have no words. Thank you so much.'*

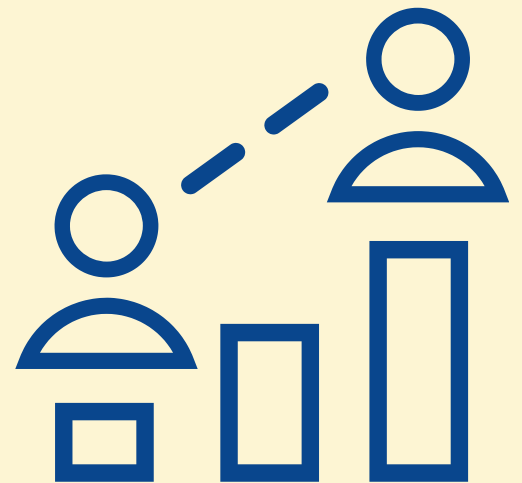


MFYS Support Statistics - 1 July to 30 Sept 2023

Total number of closed cases - 186

Most common presenting problems included:

- Financial Difficulty
- Parenting Related
- Mental Health
- Housing / Homelessness
- Isolation
- Behaviour Issues
- Domestic Violence
- Household Management
- School / Educational



We feel privileged to have supported all of these families in our community.



We are pleased to announce that four (4) new team members have recently joined MFYS.

- Nada commenced work with Admin in August.
- Brett joined our mainstream team in September.
- Greta also started in September in Team NABU.
- And Keira joined our NABU Team on Student Placement.

We are so excited to welcome you all on board!

Commonwealth Bank - Community Donations Program

MFYS is pleased to announce that we were voted by our local community to receive a funding boost as part of the Commonwealth Bank's Donations program.

The funds will be used to provide much needed support to families requiring food hampers.

Thank you to the Commonwealth Bank, Campbelltown Branch, for organising this initiative and to all those who voted for MFYS!



What is Targeted Earlier Intervention?

Evidence shows that children's life chances are affected by both their families and communities, and that both can be changed for the better. **Targeted Earlier Intervention (TEI)** provides support for children, young people, families and communities.

DCJ have developed a new video to explain. Watch the video to learn more.

<https://dcj.nsw.gov.au/children-and-families/spotlight-on-targeted-earlier-intervention.html>



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



NABU Cultural Training Day



MFYS participated in a Cultural Training Day which was facilitated by Natalie Roach and the NABU Team.

The overall objective of the day's training was for the organisation to further strengthen the mainstream team's competency working with Aboriginal families.

The team spoke about Dadirri, the practice of deep listening. We also participated in some cultural cooking activities and shared lunch and yarns. The day was embraced with respect and brought about a deeper understanding of the Indigenous culture.

Thank you to Natalie and Team NABU!

Pictured Above (Left): Keira, Greta, Natalie and Nerida.



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

Mark Your Calendar!

YARN & LEARN

TUESDAYS FROM
10.30 TO 12.30

Tuning in to Teens™

Emotionally Intelligent Parenting

A three-session **parenting program**

for parents of adolescents **aged 10-17**



Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Tuning in to Teens™ shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success. Emotional intelligence may be a better predictor of academic and career success than IQ!

Venue: Macarthur Family and Youth Services office

16 King St CAMPBELLTOWN NSW 2560

Date: 17th, 24th & 31st of October 2023

Time: 10am – 1pm

Contact: Heidi (0448 931 829)

or heidi.choi@mfys.org.au



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

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.

