

PARENTS, STAY POSITIVE!



Take the guesswork out of parenting

Want to help your child develop to their full potential? Teach skills and guide behaviour without tantrums and tears?

Whether you've got a toddler who won't cooperate or a teenager who seems like a stranger, Triple P and Teen Triple P have the strategies to help you manage family life's ups and downs. And in Queensland, you can do them for FREE!

Triple P – Positive Parenting Program can help you:

- ♦ Raise happy, confident kids and teens
- ♦ Manage kids' behaviour
- ♦ Set rules and routines that everyone follows
- ♦ Get on well with your kids and argue less
- ♦ Balance work and family with less stress

Choose from Triple P's range of programs: seminars, one-off workshops, group courses, personal sessions and Triple P Online. Whatever suits your family best!

Now FREE to Queensland parents and carers of children up to 16 years.

Find out more:

www.triplep-parenting.net



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Family Life Program

The aim of this program is to actively strengthen and support family relationships. To keep families together by collaborating with local services and groups.

To empower individuals and families of all ages and genders through person-centered counselling and parenting support. We also provide crisis intervention as required, to ensure families in crisis receive timely services.

Our services include;

Case Management

Case management is interactive, and goal directed with an emphasis on monitoring and review to ensure that services are being delivered and the identified needs of the child, young person and family are being met.

Brief Solution Focused Counselling

Is used to treat people of all ages and a variety of issues, including child behavioural problems, family dysfunction and relationship problems.

Pregnancy Support

Pregnancy can be an emotional rollercoaster, and for some women, it can feel like the longest nine months of their lives. Caring for a newborn baby can be exhausting and take its toll on relationships. Helping to meet the new mum's physical and mental health needs is important for the health of the woman, the newborn baby and your relationship.

Parenting Support

(Triple P Parenting 0-12 yrs)

The Triple P – Positive Parenting Program® is a parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in children.

Information and referrals

If you're not sure of the next step, we help with information on family and parenting services, and referrals to programs to suit your needs.

Emergency relief

Emergency relief provides immediate financial and/or material support to people in financial crisis.

All services are free.

For more information or to book an appointment, please call 4953 1788



Mackay Women's Services,
418 Shakespeare Street, West Mackay
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reception@mkywc.org.au

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