

ACCOMMODATION SERVICES

Short term accommodation options (respite) are available for children with disability aged up to 12 years at Ricky Stuart House, Chifley ACT and for teenagers and young adults in Marymead's cottages, Narrabundah ACT. This cottage accommodation is also available for children, young people and their families with emergency accommodation and support needs.

These services include the following:

- Participation in community activities and social outings
- Engagement in activities that enhance health and well-being
- Developing independence in daily living skills, personal activities, schooling and individualised skill development

The aim is to ensure that each person's stay is enjoyable and has a focus on nurturing independence away from home.

Other support services available through PoDS are as follows:

Community Life

- Community Access, Social Interaction and Recreational Groups
- School Holiday Programs (Primary School)
- Assistance with Transport
- In-Home Support

Skill Development

- Travel Training
- Personal Care
- Living and Life Skills
- Household Tasks

Transition Support

- Pre and Post NDIS Planning
- Coordination of Services/Supports
- Funds Management
- Transition Planning

FOSTER CARE (NSW)

When children and young people cannot live with their family, a caring foster family offers a safe and nurturing home. At Marymead, our professional trained staff, support committed foster carers who are providing short or long term care.

Marymead is always seeking a broad range of carers who can meet the diverse needs – singles, couples, families with children, employed or staying at home. A Marymead Foster Care Information Session is a great place to start if you would like to hear more about becoming a foster carer. These sessions are held regularly at various venues within NSW. To register your attendance at an upcoming session or if you would like more information about foster care please phone us on 6162 5800 or email fcinfo@marymead.org.au.

Transforming the lives of children, young people and their families



ACKNOWLEDGEMENT OF TRADITIONAL OWNERSHIP
Marymead acknowledges the traditional custodians of country throughout Australia and their continuing connection to land, sea and community. We pay our respects to them and their cultures, and to the elders both past and present.

Marymead...

Providing innovative, quality
support services to children,
young people and their
families since 1967



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JOIN US ON    marymead.org.au

If you are deaf, or have a hearing or speech impairment, contact us through the
National Relay Service: www.relaysservice.com.au



MARYMEAD IS A CATHOLIC AGENCY OF THE ARCHDIOCESE OF CANBERRA AND GOULBURN. ABN 90 677 510 841



Services for Children,
Young People and their Families
in the ACT and Regional NSW

MENTAL HEALTH | DISABILITY SERVICES
ACCOMMODATION SERVICES
FOSTER CARE | EARLY INTERVENTION
FAMILY COUNSELLING & EDUCATION
PRE & POST SEPARATION SUPPORT



PHONE 02 6162 5800
marymead.org.au



Marymead works with children, young people and their families, to address the complex issues that surround them and affect their lives. We provide specialist, early intervention, clinical therapeutic services and support programs and services.

All Marymead services are available through either Government, fee for service or NDIS funding. Marymead is a registered NDIS Service Provider.



FAMILY COUNSELLING & EDUCATION

The Centre for Early Life Matters (ELM) is an initiative of Marymead that provides support in prevention and early intervention perinatal, infant and early childhood mental health. The program works with families expecting or with young children (prenatal to age 8).

ELM activities include clinical services (centre-based and outreach) based on the Circle of Security approach.

Clinical services, counselling and support is provided for:

- Families expecting children with concerns about parenthood
- Families with children (0 to 8 years) who are showing behavioural and/or emotional difficulties
- Children with mental health problems (0 to 8 years) and their families
- Parenting/caregiving relationship difficulties with children (prenatal to 8 years)

Marymead's **Family Skills Program** aims to assist those in a parenting role to improve their parenting skills and strengthen relationships with their children. Family Skills offers:

- Parenting Groups for Women
- Parenting Groups for Men
- Parenting Groups for Couples
- Strong Emotions Groups for Men and Women

Parenting Groups for Women

- Parenting for Positive Relationships
- Parenting for Positive Behaviours
- Self-Care for Mums
- Strong Emotions and Stress Management

Parenting Groups for Men

- Being a Dad
- Being a Separated Dad
- Parenting for Positive Behaviours
- Strong Emotions Series for Dad



Marymead's **Grandparent's Group** provides a support network for grandparent carers in the ACT. It also provides support and advice for grandparents who are preparing to become primary carers and provides linkages and mentoring support.



The Southern NSW Family Referral Service (FRS) delivered by Marymead in collaboration with MacKillop Family Services works with children, young people and their families to ensure their safety and well-being. The service

utilises an outreach case management model and telephone referral system to conduct a thorough initial assessment and seek the input of children, young people and their families in identifying issues and accessing wider supports to enable their safety and well-being. Staff are able to support these families in navigating the range of services available to them, ensuring their safety and well-being and assisting in the prevention of family breakdown and homelessness. Marymead provides these services in regional areas of NSW with offices located in Goulburn, Queanbeyan and Young.

MENTAL HEALTH

Marymead's **New Horizons Program** is a free confidential mental health support service for children and young people, 0 to 18 years, and their families.

Life can be hard when you or someone you care about is struggling.

New Horizons will:

- Come to where you want to meet
- Provide support, counselling and connections
- Talk about what matters to you
- Help you connect with and stay connected to others

PRE & POST SEPARATION SUPPORT

Marymead's **Assisting Responsible Care for Kids Program (ARCK)** supports and assists separated parents who are in high conflict over post-separation parenting of their children. ARCK focuses on reducing conflict between parents and assists them in maintaining a positive relationship with their children and a working relationship with the other parent.

ARCK assists separated parents and their children who are experiencing:

- High levels of ongoing conflict
- Difficulties in communicating with the other parent
- Concerns regarding their child's well-being
- Concerns regarding trust and safety
- Involvement with the Family Court or Magistrates Court

Marymead's **Kids and Youth are Kool post-Separation Program (KAYAKS)** helps children and young people aged 8 to 18 years from separated families adjust to life after separation. Through drawing, collage, stories, puppetry, clay, words and play, it assists them to understand why parents separate, tell their story, express their needs so that others can understand them better, find ways to deal with emotions, connect with others, and build coping skills for life.

Marymead's **Contact and Changeover Programs** provide supported, supervised contact and changeover for the family unit, including children and their non-residential parent. The Program offers a safe environment where children, their parents and significant others can enjoy quality time together. This program is delivered within the ACT and some regional areas of NSW.

DISABILITY SERVICES

Positive Disability Strategies (PoDS) is Marymead's suite of person-centred support services for people with disability under NDIS. These include *mulch*, Kids' Companions, MOSHA and Ricky Stuart House.

Marymead's Urban Land Community Harvest Program (mulch) is a social enterprise where young adults with disability have the opportunity to develop skills and build community connections. Participants are engaged in the seed-to-sale process in *mulch's* permaculture garden. Skill development goals are individually tailored to suit interests, skills and abilities.

Kids' Companions is a program that offers social support for children and young people (up to 18 years).

Activities include:

- Social groups - Friday evenings
- School holiday activity days
- One-on-one activities with a volunteer companion

Marymead's Outside School Hours Activities Program (MOSHA) is an after school and school holiday program for all young people with disability.

With strong connections to the Black Mountain School in O'Connor ACT, MOSHA supports young people with varying support needs. Activities within the Program are tailored to build on individual skills, strengths, interests and abilities and are delivered within the home or community setting.