

Sherry's* story

Before going to Family Wellbeing Services, Sherry was depressed and misusing alcohol and drugs. Her family was falling apart, and she didn't have money to buy clothes and food for her kids.

Family Wellbeing Services helped with budgeting, her mental health, self-restraint, managing her anger, and finding ways to heal with regular counselling. It helped her get her children into day care and playgroup, and her older kids attend homework club. They love learning and being with other kids. Sherry also created a safety plan for the domestic violence her family is experiencing.

The Family Wellbeing Services worker visits often to check on her family's mental health and they get regular counselling and referrals to Murri organisations that can help. Sherry and her family are healing. Sherry gets strength from her community Elders, attending yarning circles and listening to them talk and passing on their cultural knowledge.

"I can now reach out to people, feel supported and know that I am not on my own," she says.

*All names have been changed.



Contact Family Wellbeing Services

You can access free, confidential advice and support right across the state.

Visit familywellbeingqld.org.au or call **1300 117 095** to find a service near you. You can visit in person, call a service provider or submit a referral online.

"My support worker encourages me, gives me the motivation to move forward, she is supportive, I don't feel judged."

Kylie, Family Wellbeing Services client.*



Aboriginal and Torres Strait Islander Family Wellbeing Services



WALKING WITH FAMILY

familywellbeingqld.org.au

1300 117 095

*For our children, we all walk together,
to keep them safe, strong and
connected to culture.*

What we do

Community organisations that you trust, are here to help you build on your family's strengths.

We are a free and confidential one stop shop for Aboriginal and Torres Strait Islander families to access support to improve your social, emotional, physical and spiritual wellbeing, and help you to be able to safely care for and protect your children.

Mums, dads and families can reach out to receive personalised support to help you and your family to achieve the goals you set.

All Family Wellbeing Services are delivered by Aboriginal and Torres Strait Islander community controlled organisations ensuring the support available is culturally safe and appropriate.



How we help families

Your local Family Wellbeing Service will work with you and your family to look at your strengths and your worries and work out how to get your family the support you need.

We can assist you whether you just need a little bit of support to feel better about your day to day parenting, if you are sorting through some bigger family challenges, or even if Child Safety is involved with your family.

Who we work with

We work with other culturally-appropriate services, including the Family Participation Program, housing services and health services to plan and provide a coordinated response to your family's needs.

Other services we provide may include:

- women's groups
- men's groups
- mums and bub's groups
- fathers and bub's groups
- youth groups
- Elders groups.

“Family Wellbeing Services set good foundations for the future and moving forward in life. I am improving myself and would like to study and get a good job to look after my family.”

Matt, Family Wellbeing Services client.*

