

GROUP PROGRAMS

Groups for parents

- Triple P parenting groups - behaviour management/positive parenting program for parents of children ages 2 to 10
- TIPS - for parents of children ages 5 to 12, covering behaviour, self esteem, building positive relationships between parents and their children
- Parenting Adolescents
- Parenting Toddler Talks
- Healthy Thinking Program- cognitive behavioural therapy for parents with children under 5 years of age

Groups for children

- Cool Kids (anxiety treatment program for children in years 3 to 6)
- Rock & Water (self esteem enhancement through physical activities that promote resilience to bullying for upper primary and adolescent children)

Groups for adolescents

- Living Deliberately (DBT skills building for 14 – 18 year olds)

Groups may be tailored to meet specific needs when required.

All groups and seminars are offered during school terms. Please contact the Intake Officer at Community Health Caringbah, telephone 9522 1000, for further information.

A free and confidential counselling service for families

HOW TO CONTACT US:

*All referrals for counselling to be made through the Intake Officer: Ph 9522 1000

Community Health Caringbah

9522 1000

For clients living in Sutherland Shire areas not covered by Menai and Engadine Community Health Centres

Menai Community Health Centre

9543 1111

For clients living in Alford's Point, Bangor, Barden Ridge, Illawong, Lucas Heights, Menai, Woronora

Engadine Community Health Centre

9520 4644

For clients living in Audley, Bundeena, Engadine, Heathcote, Loftus, Maianbar, Waterfall, Woronora Heights, Yarawarra

FEEDBACK

Comments and feedback on the services provided are welcome. Please contact the Child Youth and Family Counselling Service Team Leader on 9522 1000.

CHILD, YOUTH AND FAMILY

COUNSELLING SERVICE



**Sutherland Hospital and
Community Health
Services**

WHO ARE WE?

The Child Youth & Family Counselling Service is staffed by qualified and experienced Social Workers and Psychologists. The Service is part of the Child Youth & Family Division of the Sutherland Hospital Caringbah and Community Health Service.

WHO CAN USE OUR SERVICES?

Counselling is available to children, adolescents (up to age 18) and their parents/carers, who live in the Sutherland Shire. Adolescents 14 years or over can see a counsellor without parent/guardian consent. Domestic Violence counselling is available for women over 18 years of age.

WHAT YOU NEED TO KNOW

- Counselling is confidential, except if there are concerns about the safety of clients or relevant others
- Services are free
- Health Care interpreters are available by appointment
- A medical referral is not required
- Home or school visits can be made where appropriate after the first appointment
- When you first contact to request a service, you will be asked to provide some details about your request. This information will be passed to the counselling team, who will allocate a worker to contact you.

SERVICE AVAILABILITY & WAITING TIMES

Counselling is available 8:30 am to 5 pm weekdays by appointment. When requests for services are higher than normal, waiting times do increase. Clients who require appointments out of school hours may have to wait longer.

SERVICES PROVIDED:

- Family counselling.
- Individual counselling about family and parenting issues.
- Counselling for children and adolescents.
- Domestic violence counselling for women over 18 years.
- Group programs for adults, children and adolescents
- Information on health and community resources available for families.

EXAMPLES OF COMMON PROBLEMS THE COUNSELLING SERVICE DEALS WITH:

- Parenting difficulties
- Children and adolescents who have behavioural problems
- Children and adolescents who are anxious
- Children and adolescents who are depressed and sad
- Children and adolescents who have poor social skills
- Children and adolescents who have sleep problems
- Children and adolescents who have adjustment issues
- Children and adolescents who have loss, change and bereavement issues
- Children and adolescents who have experienced trauma or past abuse and are not eligible for counselling through specialised services such as the Child Protection Unit
- Children and adolescents who have other emotional problems

SERVICES THAT ARE NOT PROVIDED:

- Counselling for children and adolescents who are considered at high risk of harm to themselves or others. Take the child to the Sutherland Hospital, Accident & Emergency Department for assessment by a qualified health professional. After being assessed, the child may be referred back to the Child, Youth & Family Team for counselling, if appropriate.
- Counselling for children and adolescents currently involved in separation, divorce and Family Court situations. Parents may be seen about the helping their children in these situations.
- Child protection matters (alleged physical, emotional or sexual abuse of a child) should be reported to the Department of Community Services for investigation by ringing the DOCS HELPLINE: 13 21 11.
- Relationship or personal counselling for adults
- Psychometric testing
- Diagnostic assessments for ADD & ADHD
- Diagnostic assessments for Autism
- Services for children and adolescents eligible for services from DADAHC

EMERGENCIES:

A 24 hour service is provided by the Sutherland Hospital Acute Care Treatment Team (ACTT). The team can provide crisis support through the Emergency Department at Sutherland Hospital
Phone 9540 7111

