

HOW TO CONTACT US:

- Phone our centre Monday to Friday 9:00am - 4:00 pm on **4950 3855**.
- You may self refer or a service may make a referral on your behalf. They will provide us with your particulars and we will contact you to make an appointment.



We value the contribution of clients and maintain respect and confidentiality at all times, except where there is a risk of harm to others.

The CALM Child and Family team are required to report any risk of significant harm to children under NSW Child Protection legislation.

EMERGENCY HOTLINE NUMBERS:

Emergency services	000
Life Line	13 11 14
Hunter Mental Health 24hrs	1800 655 085
Domestic Violence Hotline	1800 656 463
Parent Line	1300 1300 52
Link 2 Home (for help with housing)	1800 152 152

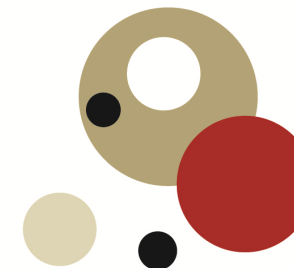


Need an interpreter?
Phone TIS on 13 14 50

COMMUNITY ACTIVITIES
LAKE MACQUARIE INC (CALM)
77 The Boulevard Toronto
PO Box 456 Toronto NSW 2283
Phone: 4950 3888
Fax: 4959 6810
www.calm.org.au

Community Activities Lake Macquarie Inc.
is a non-government organisation
funded by Family and Community Services, NSW

FAMILY SUPPORT



COMMUNITY
ACTIVITIES
LAKE MACQUARIE INC

CALM CHILD & FAMILY SUPPORT

OFFERING:
ADVICE & REFERRAL
CASE MANAGEMENT
PARENTING PROGRAMS

Phone: 4950 3855

Working to make lives better

Working to make lives better

CALM CHILD & FAMILY TEAM - FAMILY SUPPORT SERVICE FOR WEST LAKE MACQUARIE

OVERVIEW:

Community Activities Lake Macquarie Inc. (CALM) is a not-for-profit organisation which has operated in Lake Macquarie for over 25 years.

CALM's Child and Family program provide services to families with children aged 0 -12 years, this includes expectant parents.

Our services are delivered in West Lake Macquarie from Boorag to Wyee.

THE FAMILY SUPPORT TEAM CAN PROVIDE:

- Information and advice to any member of the community.
- Individualised case management.
- Parenting information groups e.g. Triple P, 1-2-3 Magic, Circle of Security & Incredible Years.
- Parenting and living skills assistance.
- Assistance with referrals to appropriate services and advocacy where required.

WHAT IS INDIVIDUALISED CASE MANAGEMENT?

Case management involves a case manager assisting a family to identify their needs and set goals for change within their family.

We may support you by:

- Providing information and advice on child development, safety and wellbeing, behavior management, rules & routines, parent-child relationships and communication.
- Providing strategies for calm, confident parenting.
- Supporting your family to access appropriate services and groups in the community.
- Liaising with other services involved with your family, such as schools, medical professionals.

Our case managers will meet with you regularly at your home, at our office or another convenient setting.



WHO WE SEE:

- Families with children in their care aged 0-12 years.
- Expectant parents.
- Families living in West Lake Macquarie.
- Our parenting group programs are open to any family with children 0-12 years.
- A team member will discuss your needs and suitable programs.

N.B: We are unable to provide case management services to anyone receiving case management from Family and Community Services.

