

## *Good Beginnings*

# HOME BASED FAMILY SUPPORT PROGRAM

### WHAT IS THE PROGRAM

*Good Beginnings* Home Based Family Support Program utilises the services of trained volunteers to offer support, friendship and practical assistance to families in stressful situations.

The program can help you and your family if you have child/ren under the age of 15, you live in the Mackay urban area - south to Bakers Creek, west to Walkerston and north to Eimeo. The program is also offered to residents of Sarina.

### HOW DOES THE PROGRAM WORK?

The Coordinator will visit and discuss your concerns. If you both feel the program can help you, a volunteer may be allocated to visit with you on a regular basis.

### ARE YOU ELIGIBLE FOR THE PROGRAM

There are many reasons this program assists families, if you...

- Are new to town and know no-one.
- Need information about groups and services in the Mackay and Sarina areas.
- Have no family to help you.
- Need a friend.
- Are you a new mother and not coping?
- Are suffering from postnatal depression.
- Have several children under school age and are not coping.
- Are a sole parent needing support.
- Are a father who has to care for children and a household for the first time.
- Need to feel more confident as a parent and a person.
- Have suffered a loss and are finding it hard to cope.
- Are finding life a struggle.

These are just a few of the reasons. If you are unsure, telephone the Coordinator and you will either be assisted or pointed in the right direction.

### WHO ARE THE VOLUNTEERS

The volunteers are people from our community who care about families and children. To insure the highest safety for our clients a training program, referee checks and clearance by the Queensland Government, Commission for Children and Young People are all compulsory prior to commencing in their volunteer role for the program.



## WHAT WILL THE VOLUNTEER DO?

The volunteer will visit on a weekly basis, lend a listening ear and discuss different ways of managing difficult issues and work with you to help you achieve your personal goals.

The volunteer will be a friend to you and your children and will endeavour to assist you in practical ways. However, it is important to note that the volunteer is not an unpaid housekeeper or babysitter. This service is available to work through issue areas *with* you, not for you. At no time will a volunteer be with children unless the parent/guardian is also present.

## WHAT DO I DO NOW?

If you think this service may be of some assistance to you, discuss your situation with staff from the agency or service where you obtained this brochure and they can refer you to this program.

OR

You can contact the program directly and arrange a time for the Coordinator to visit with you and discuss your concerns.

### Address

*Good Beginnings*  
Home Based Family Support Program  
George Street Neighbourhood Centre  
4 George Street Mackay

### Postal Address

PO Box 4112  
SOUTH MACKAY QLD 4740

**Telephone:** 4951 0428

**Mobile:** 0408 451 427

**Facsimile:** 4957 6728

**Email:** [hbfsp@orion-online.com.au](mailto:hbfsp@orion-online.com.au)

### Office Hours

8.30am - 4.30pm Monday to Friday

### PROGRAM FUNDS AUSPICED BY



George Street Neighbourhood Centre Association Inc.

### THIS PROGRAM IS FUNDED BY



**Commonwealth  
Department of Family  
and Community  
Services**



*Good Beginnings*

# HOME BASED FAMILY SUPPORT PROGRAM



*Children grow from good beginnings*