

Support for a Stronger Future

Community Programs and Services

2022 Edition

By *Relationships Australia*
NEW SOUTH WALES



Supporting the 47% of
Northern Sydney residents
born outside of Australia



95+ wellbeing
programs delivered
annually



Working in partnership
with **110 community**
organisations



Supported 2,732
unique clients
throughout 2021



Unlock the Tools to Build Stronger Communities

Community Builders supports children, young people, their families, and their communities to thrive.

In life, we're constantly growing, changing, and coming up against new challenges. With shifts over the past few years, many people are feeling the effects of the pandemic and social isolation acutely. Community is critical to our overall wellbeing and the decline of our connectedness is coming at the same time as mental health issues are on the rise.

Community Builders is kindly funded by the NSW Department of Communities and Justice.



Communities
& Justice

Community Builders delivers **FREE, fully customisable programs** to community, multicultural and faith groups and local schools throughout Northern Sydney, to help build resilience, connection and growth.

We believe that when children and young people are supported by their community, they feel safer, happier, healthier, and ready for life.

Supporting Northern Sydney

You can access our services throughout the Northern Sydney District which includes:

- Ryde and Hunters Hill
- Lower North Shore
- Northern Beaches
- Hornsby and Ku-ring-gai

Get in touch with our team to learn more about our services or to book:

P: 0435 744 198

E: youngb@ransw.org.au

W: [relationshipsnsw.org.au/
communitybuilders](https://relationshipsnsw.org.au/communitybuilders)

Support for Every Stage

What we offer

Programs for Parents and Carers

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Strengthen skills and support systems

We offer a range of programs to help parents and carers support their children and young people as they navigate school life and instill healthy emotional habits and practices along the way.

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Programs for Children and Teens

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Support stronger, happier, and healthier children

Our workshops and courses help young people manage their anxiety levels, build skills, and grow their relationships well.

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Programs for Community, Faith Leaders and Small Businesses

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Further your expertise and your network

Our range of programs equip local communities, leaders, and small businesses to access quality supports and resources.

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Increasing skills, connections, and networks between service providers

We work with local service providers to inform, train, and support their teams.

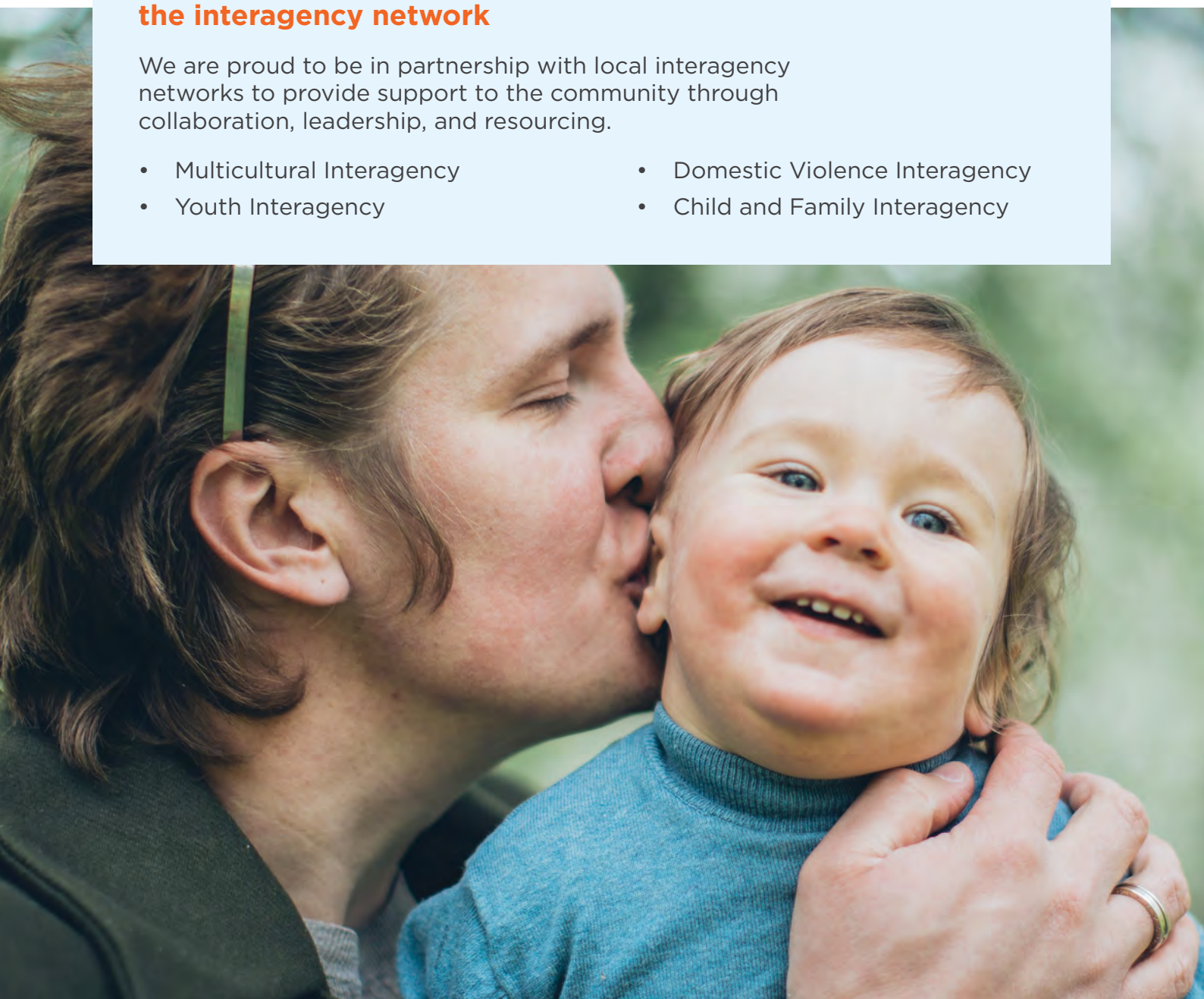
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Northern Sydney Region Interagency Support page 25

Increase support, connection, and capacity within the interagency network

We are proud to be in partnership with local interagency networks to provide support to the community through collaboration, leadership, and resourcing.

- Multicultural Interagency
- Youth Interagency
- Domestic Violence Interagency
- Child and Family Interagency





Programs for Parents and Carers

Looking for something new or
specific? Get in touch! We can tailor
our free programs to suit your needs.

Supported Playgroups

Support confident, creative learners.

Children who start school when they are developmentally ready to learn, tend to progress more quickly in their learning and development, setting them up for further success later in life. Our **Supported Playgroups** offer a safe, nurturing environment to prepare parents and their child for school. Through play-based activities and structured time together, we'll support families in their education journey.

Program outcomes:

- **Increase** children's ability to learn and reach educational milestones
- **Improve** children's social competencies and emotional maturity
- **Ensure** children develop language and communication skills
- **Build** parents' capacity to support their child through school.

Who is it for?

Multicultural families with children aged 3.5-5 years old.



Weekly sessions for one term



School readiness, communication and connectedness



Co-designed by Relationships Australia NSW's Community Builders team in conjunction with the school and local community services, based on emerging needs



Can be delivered in English, Korean and Mandarin

Transition to School

Prepare pre-schoolers for primary school.

Starting 'big school' can be a massive adjustment for the whole family. How can parents confidently know when their child is ready to make the move? **Transition to School** can prepare parents and their children to help understand and identify when their child is developmentally ready for primary school.

Program outcomes:

- **Understand** essential learning and educational milestones
- **Build** overall confidence
- **Develop** genuine excitement for the next chapter of learning.

Who is it for?

Families with children aged 3.5-5 years old.



Workshop



School readiness, developmental milestones, confidence



Co-designed by Relationships Australia NSW's Community Builders team in conjunction with the school and local community services, based on emerging needs



Can be delivered in English, Korean and Mandarin

Family Camp (Korean, Mandarin, English)

Supports, connects and empowers families.

Families that have strong relationships provide children with a safe and secure place to be themselves, build confidence and better navigate challenges. **Family Camps** provide an opportunity to reconnect with each other, build resilience and learn new skills in a fun, engaging and supportive environment. During the camp, parents will have the chance to forge friendships and learn more about their children's needs through **evidence-based parenting programs**.

Program outcomes:

- **Increase** knowledge of parenting and child development
- **Build** positive social connections
- **Develop** skills to manage child's behaviour in a nurturing and effective manner
- **Promote** importance of the social and emotional competence of children
- **Understand** self-care and parent's own emotions.

'I didn't know what to expect before joining this camp. It was very useful for parents and kids; I now strongly recommend it to other people.'

- Participant in the Family Camp Program

Who is it for?

Families living in the Northern Sydney District.



Two-night weekend camp



Building family and community resilience



Designed by Relationships Australia NSW's Community Builders team



Delivered in Korean, Mandarin and English

Bringing Baby Home

Supports expectant couples and new mums and dads.

The transition to parenthood can be challenging for any relationship. **Bringing Baby Home** provides couples with the skills to be the best parenting team possible and create an environment that supports their baby's social, emotional, and intellectual development.

Program outcomes:

- **Strengthen** relationships with partners and their child
- **Prepare** to look after baby's emotional wellbeing
- **Protect** relationship satisfaction, increase intimacy, and regulate conflict
- **Learn** about creating an environment at home that supports baby's development.

Who is it for?

Expectant couples and new mums and dads.



Two-day course



Parenting styles, healthy family relationships, connection tips to support and strengthen relationships with your partner



Research-based course from the Gottman Institute

Grandparents Group

Empowers grandparents to find their place within the school community.

In the Northern Sydney district, it's not uncommon for grandparents (specifically those from a non-English speaking background) to care for their grandchildren from a very young age. Through this educational and social program, grandparents can learn to support their grandchildren throughout school, whilst connecting with people of a similar age and background.

Program outcomes:

- **Access** information on how to find support services in the local community
- **Increase** knowledge of the Australian education system
- **Empower** grandparents to engage with their community and their relative's school experience
- **Build** social networks within the group.

Who is it for?

Chinese grandparents.



Weekly sessions for one year



Building social networks and knowledge of local services and the Australian education system



Co-designed by Relationship Australia NSW's Community Builders team, in collaboration with the school and local community services, based on emerging needs



Delivered in Mandarin

Living in Australia

Supports newly migrated parents and grandparents.

Families who have recently migrated may be adjusting to a very new way of life and facing significant language and cultural barriers - including at school.

Living in Australia provides English lessons which focus on the Australian school system, culture and community. Understanding how things work enables better engagement and stronger relationships with peers, schools and the wider community, to better support their child's learning experience.

Program outcomes:

- **Enhances** self-sufficiency and financial independence through increased understanding
- **Enables** parents and carers to best support their child's learning experience
- **Improve** family's wellbeing
- **Build** connections between peers, the school and the wider community.

Who is it for?

Newly migrated parents and grandparents.



Weekly workshops for 40 weeks



Equipping newly migrated parents and grandparents to give their children and grandchildren a safe and healthy school experience



Co-designed by Relationship Australia NSW's Community Builders team in consultation with the CALD community and local community services

Employment Pathways

Builds self-sufficiency within communities.

Finding jobs, gaining financial independence, and achieving self-sufficiency can improve the whole family's sense of wellbeing. Our **Employment Pathways** Program provides migrant women with the support and encouragement to build their confidence and consider volunteering, further education and career path opportunities. Mentoring and support will enable them to obtain the practical knowledge to pursue their desired career path.

Program outcomes:

- **Increase** understanding the of importance of volunteer experience
- **Obtain** knowledge of employment and volunteering opportunities
- **Explore** study options and engage in further study or employment-seeking activities
- **Form** social and cultural connections with peers and mentors.

Who is it for?

Migrant women with a CALD background wishing to get a head start in employment.



Weekly workshops for eight weeks



Supporting migrant women to engage in employment, volunteer, and study



Designed by Relationships Australia NSW's Community Builders team, in consultation with the CALD community and local community services



Basic English language skills required

Mandarin Mentoring Parent Support Group

Connects parents to build community.

When a baby or child is born and grows up in Australia, there are many professionals who provide support to the parents including GPs and Early Childhood Health Professionals. However, these people rarely offer the same level of backup as friends and family members. Migrant parents are often left feeling confused, alone or conflicted between two parenting cultures.

This program harnesses the exceptional support and insight that other parents who have 'walked the walk' can provide. RANSW Mandarin-speaking staff guide the **Mentoring Group** to focus on child development, mental health, child protection, couple relationships and women's self-growth.

Program outcomes:

- **Increase** knowledge of child development and self-care
- **Reflect** on the parenting from the family of origin and recognise own strengths
- **Grow** connections and support networks
- **Sustain** culture and mental wellbeing.

Who is it for?

Parents from Mandarin-speaking backgrounds.



Four session program



Allowing parents from similar culture backgrounds to clarify, connect and share insights on raising a child between cultures



Co-designed by Relationships Australia NSW's Community Builders team with local community parents, including an evidence based parenting program approach



Specifically designed for Mandarin-speaking parents

Tuning in to Kids and Teens

Listen, learn and connect with your children.

Every parent and carer wants to connect with their child. Learning how to 'tune in' and really listen can transform parent-child relationships, allowing them to feel closer and connect better with each other.

Program outcomes:

- **Build** emotional awareness
- **Develop** communication and listening skills
- **Recognise**, understand, and respond to their child or teen's emotions
- **Develop** strategies to prevent and deal with problems
- **Identify** and interact constructively when emotional.

Circle of Security

Build stronger connections.

Secure relationships improve children's self-esteem and help them feel safe and supported. Sometimes it can be hard to identify children's cues for connection – the subtle signals that they need a little more care.

Circle of Security guides parents and carers through building more secure relationships. It helps them get closer to their children, build stronger bonds, and address behaviours that might be causing issues at home.

Program outcomes:

- **Improve** self-esteem
- **Build** a warmer and more nurturing relationship with their children
- **Gain** greater capacity to handle emotions.

Programs for Parents and Carers

Who is it for?

Parents of children in primary school.



Weekly group-based program over six sessions



Emotion coaching skills



100% of parents surveyed would recommend this program



Evidence-based program developed by Melbourne University



Can be delivered in English, Korean and Mandarin

Who is it for?

Parents of children aged 0-12.



Weekly group-based program over six sessions



Secure attachment parenting styles



Evidence based program developed by the University of Virginia



Can be delivered in English, Korean and Mandarin

Triple P – Positive Parenting Program

Support emotional intelligence.

Triple P, the Positive Parenting Program is full of practical tips to help parents and carers build their confidence and raise happy, emotionally-resilient children. This program has helped four million parents and carers build better behaviours and relationships.

Program outcomes:

- **Manage** behaviour so everyone in the family enjoys life more
- **Set** rules and routines that everyone respects and follows
- **Encourage** mature behaviour
- **Understand** self-care
- **Feel** confident that as parents you are doing the right thing.

Who is it for?

Parents and carers of younger primary school aged-children.



Weekly group-based program over eight sessions



Positive parenting strategies



Evidence based program developed by the University of Queensland



Can be delivered in English, Korean and Mandarin

Screen Management at Home

Take control of screen time.

Screens can be helpful, bringing the wider world to the palm of our hand. But when usage gets out of control, our handy devices can lead to health, safety, and security issues.

Screen Management at Home can help children develop a healthy relationship to screens, so parents can help them unlock the positive potential of technology. This includes techniques for preventing screens from impacting sleep, physical, social, and emotional health.

Program outcomes:

- **Learn** safety facts and preventative measures against pornography and cyber security
- **Set** appropriate boundaries around online gaming and social media usage
- **Discover** how to address addiction concerns.

Who is it for?

Parents and carers of primary and high school-aged children.



Workshop



Healthy relationships with technology



Delivered by industry experts



97% of parents found this workshop useful and informative

Introduction to Emotion Coaching for Parents and Carers

Build skills in emotion coaching.

Introduction to Emotion Coaching helps parents and carers improve their skills as 'emotion coaches' With appropriate tools and resources, parents can promote empathy and understanding – using emotional intelligence to inform their relationship with their children.

Program outcomes:

- **Understand** the role of emotions and emotional intelligence in family dynamics
- **Develop** skills to communicate with empathy
- **Help** children understand their emotions.

Who is it for?

Parents and carers of children of any age.



Workshop



Emotion coaching skills



Evidence-based
program developed by
Melbourne University

Dadstuff

Supports dads to connect with their kids.

Being a father was often considered a misunderstood and underrated role in the past, but things are changing for the better. **Dadstuff** helps fathers and father figures increase their understanding and awareness of the different and important roles they play within a family, and for their children.

Program outcomes:

- **Understand** more about what healthy family relationships look like
- **Learn** about the 'seven types of dads' – and where you sit
- **Develop** skills to bond with children more effectively
- **Connect** with other dads in a supportive space.

Who is it for?

Fathers and male carers of children of any age.



Online workshop



Parenting styles, healthy
family relationships,
connection tips



Evidence-based
program developed by
Relationships Australia
Victoria

Postnatal Depression Group

Build networks and tools to help through challenging times.

The first year of parenting can be especially challenging. In Australia, between 10-20% of new mothers experience significant struggles with their mental health after childbirth.

The **Postnatal Depression Group** program responds to obstacles such as postnatal depression and social isolation by building support networks, introducing local services to lean on and equipping mums with effective parenting strategies.

Program outcomes:

- **Increase** knowledge of child development and self-care
- **Better** manage stressful situations
- **Access** local community services to support a happier parenting journey
- **Build** connections and support networks
- **Nurture** a trusting relationship with their child.

Who is it for?

New Korean mothers with children aged 0-2.



Weekly workshops for one year



Co-designed by Relationship Australia NSW's Community Builders team with local community parents, including an evidence based parenting program approach



Designed by Relationships Australia NSW's Community Builders team

Single Mothers Support Group

Connects and supports single mothers.

There are over 25,000 single-parent families living in the Northern Sydney District. Many single mothers experience common experiences and obstacles. This **Support Group** provides a space for mothers to connect without shame or judgement. Mums also participate in parenting programs during this time to learn skills to help them meet their own needs, and those of their children.

Program outcomes:

- **Increase** knowledge of child development and self-care
- **Access** local community services
- **Build** connections and support networks
- **Nurture** a trusting relationship with their child.

Who is it for?

Korean single mothers.



12 hours each month



Allowing single mothers to connect and learn with people experiencing similar challenges



Co-designed by Relationships Australia NSW's Community Builders team and the participants



Programs for Young People

Looking for something new or specific? Get in touch! We can tailor our free programs to suit your needs.

Healthy Relationships and Wellbeing

Make healthy, happy connections.

Wellbeing is so much more than eating well and daily exercise. It's about learning to take care of your mental and emotional health, as well as having positive, meaningful, and respectful relationships.

Healthy Relationships and Wellbeing is an introductory program that helps young people think about what wellbeing looks like for them, and how fulfilling and meaningful relationships can enrich our lives.

Students who attend this workshop may be having their first ever romance, making new friends, or dealing with changing family dynamics as they become more independent. With our fun, creative activities and safe, open discussions, everyone walks away with a better idea of what healthy relationships actually are, and how much they contribute to our wellbeing.

Program outcomes:

- **Build** and maintain healthy boundaries
- **Develop** confidence
- **Maintain** your wellbeing in relationships
- **Understand** respect and consent
- **Learn** the difference between healthy, unhealthy, and abusive relationships.

Who is it for?

Years 5 and 6, and high school students.



One-day workshop



Wellbeing, mental health, and emotional regulation



Co-designed by Relationships Australia NSW's Community Builders team in conjunction with the school

Study Without Stress

Manage the pressure of senior high school.

It's no secret that years 11 and 12 can be a tricky time. There's much to learn, milestones to cross, and students are gearing up for their most important exams yet. Studying doesn't need to be stressful. In fact, high stress levels can make it harder for students to perform at their best, especially if they don't have healthy habits or coping mechanisms.

Study Without Stress is designed to help students reshape their thought patterns, decreasing stress so they can get the most out of their last years at school.

Program outcomes:

- **Learn** to cope with stress
- **Reduce** anxiety
- **Develop** healthy ways to challenge unhelpful thought patterns.

Who is it for?

High school students in year 11 and 12.



Six to eight workshops



Challenging unhelpful thoughts, reducing anxiety, cognitive behavioural therapy



Evidence-based program developed by Macquarie University



Programs for Community, Faith Leaders and Small Businesses

Looking for something new or specific? Get in touch! We can tailor our free programs to suit your needs.

Domestic and Family Violence (DFV) Awareness Programs (Recognition and Prevention in the Community)

Build skills around DFV to help create a safe community.

As key figures within communities, religious and cultural leaders play a pivotal role in community-wide efforts to help stop DFV. To ensure families are safely supported, **DFV Awareness Programs** provide knowledge about suitable referrals, trauma-informed practices and how to respond to DFV through appropriate, effective, and up-to-date training.

Programs include expos, workshops, and presentations:

- **Expos:** Increase general awareness and introduce leaders to various local service providers
- **Tailored workshop series:** Equip leaders with practical skills to support individuals and communities
- **Presentations:** Introduce the community to DFV information.

Program outcomes:

- **Understand** the impact DFV and abuse on children and families' long-term outcomes in life
- **Recognise** the signs of DFV
- **Refer** individuals and families to specialist services
- **Build** network between local community and local DFV workers
- **Develop** cohesive and supportive communities.

Who is it for?

Faith based, cultural and community leaders.



- Expos: Half-day
- Workshops: two to three hours
- Presentations: two to three hours



Understanding, recognising and referring DFV appropriately



Designed by Relationships Australia NSW's Community Builders team in consultation with the local community

Introduction to Healthy Relationships

Make healthy, happy connections.

The **Healthy Relationships** course is an introductory program that helps religious and cultural leaders identify what wellbeing looks like for their community. The course provides tools for how they can better support people to have fulfilling and meaningful relationships.

Participants who attend this workshop will take part in safe and open discussions, with an emphasis on creating a better understanding of what healthy relationships are, how they look and how much they contribute to wellbeing.

Program outcomes:

- **Increase** knowledge about healthy boundaries
- **Maintain** wellbeing in relationships
- **Understand** respect and consent
- **Learn** the difference between healthy, unhealthy, and abusive relationships.

Who is it for?

Young people and adults.



One-day workshop



Wellbeing, mental health, and emotional regulation



Co-designed by Relationships Australia NSW's Community Builders team in conjunction with the community

Community Events

Community Builders are proud to work in partnership with a number of local organisations and councils. We celebrate a range of cultural events throughout the year including Harmony Day, Lunar New Year, Mid-Autumn Festival and Parents Week. Check out our website for more details on upcoming events: relationships.org/communitybuilders



Programs and Partnerships for Community Services and Local Government

Looking for something new or specific? Get in touch! We can tailor our free programs to suit your needs.

Service Provider Expos

Find the right support and connect with others.

Our **Service Provider Expos** help community services and local government connect with other service providers to understand support options available for their community.

These expos work through case studies, panel discussions and offer highly relevant and topical workshops. Every element is designed to build skills and relationships between schools, teachers and parents.

'The Expo was highly engaging, informative and practical for our profession. Many thanks.'

- Participant feedback

'A great variety of resources and panel speakers. And the workshop on Family Law was both insightful and fantastic.'

- Participant feedback

Vicarious Trauma and Self-Care

Helps to increase awareness and mitigate the impacts of vicarious trauma.

Vicarious trauma is the cumulative impact of prolonged, repeated exposure to the stories and experiences of pain, trauma, and stress experienced by others. It can be hard to see, but its impacts are very real.

For community service and local government workers vicarious trauma can be an occupational hazard through their interactions with those who use their services. Our interactive **Vicarious Trauma and Self-Care** workshop supports staff with recognising the signs of vicarious trauma and burnout.

Program outcomes:

- **Understand** the signs of vicarious trauma and burnout
- **Develop** strategies and skills to support mental health
- **Understand** self-care strategies
- **Learn** how to develop support systems with others.

Programs and Partnerships for Community Services and Local Government

Who is it for?

Community service and local government workers.



Half-day expo



Building on the capacity of teachers and faith leaders to support children and their families to thrive and achieve their full potential



Co-designed in collaboration with schools, and faith leaders based on unique needs, and coordinated by Community Builders



Workshop



Vicarious trauma management strategies, mental and general wellbeing



Delivered by industry experts, based on the latest research and trends

Emotion Coaching

Enhance emotion coaching skills.

A key aspect of being a community service and local government worker is about understanding the people that use your services and, at times, offering them emotional support. Our **Emotion Coaching** program helps this group build the tools to become 'emotion coaches.' It provides appropriate tools and resources to support community service and local government workers to promote empathy and understanding in their work by calling on their emotional intelligence.

Program outcomes:

- **Understand** the role of emotions in the community
- **Communicate** more effectively
- **Help** service users identify and understand their emotions.

Mental Health First Aid

Build skills to start a conversation and create a safe community.

A vital part of supporting positive mental health is creating a community that is open, supportive and safe.

Our **Mental Health First Aid** program equips community service and local government workers to support the people who use their services, through tools that help to build client confidence and start vital conversations. It helps to outline the warning signs and how to approach someone who might be suffering with poor mental health, and importantly how to get them the help they need.

Program outcomes:

- **Better** support mental health care
- **Identify** the warning signs that a client may be struggling
- **Learn** how to start conversations about mental health
- **Identify** how to connect clients with the right support
- **Build** a community that recognises the importance of mental health.

Programs and Partnerships for Community Services and Local Government

Who is it for?

Community services and local government.



Workshop



Emotion coaching



Developed by Melbourne University based on Gottman Institute research



Workshop



Mental health care and awareness, listening skills, conversation approaches



Accredited program delivered by industry experts

Accidental Counsellor

Strengthen mental health conversation skills.

When we proactively connect with and support mental health awareness, we build stronger connections with clients, and each other.

Through our **Accidental Counsellor Training**, participants learn to recognise opportunities to pause, listen and reflect in conversations, as well as being able to provide options and resources to enable people to take steps to support their mental health.

Program outcomes:

- **Practise** reflective listening and mirroring techniques
- **Discover** the next steps following conversations with students
- **Develop** positive action plans
- **Empower** yourself with information, referral options and resources
- **Find** tips to care for yourself while setting personal and professional boundaries
- **Learn** definitions, myths, and statistics about mental health.

Who is it for?

Community services and local government.



One-day workshop



Active listening, mental health awareness and understanding, connection



Delivered by industry experts, based on the latest research and trends



Northern Sydney Region Interagency

Increase support, connection, and capacity within the interagency network

Community Builders are active members of several Interagency Networks in the Northern Sydney Region. We are proud to work collaboratively with these organisations to share information, ideas and resources within the sector. We are passionate about providing support to the community through collaboration, leadership and capacity building.

Community Builders are part of the following Northern Sydney Interagencies:

- **Multicultural Interagency**
- **Youth Interagency**
- **Domestic Violence Interagency**
- **Child and Family Interagency**



We're Here to Help you Thrive.

We offer a broad range of programs that help to support confident and connected communities and all can be tailored to meet current challenges and specific circumstance.

Our team have experience working with a wide range of audiences and are

passionate about delivering culturally-safe and competent services. We have extensive experience working within CALD communities.

Whatever your situation, we're here to help. **All our programs are delivered free of charge.**

Find the right support for you.

Connect with our team to learn more about our services.

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W: relationshipsnsw.org.au/communitybuilders