



SPECIALIST FAMILY SUPPORT

OUR SPECIALIST FAMILY SUPPORT PROGRAM

The purpose of the program is to promote the safety and wellbeing of children and young people aged 0 to 18 years old.

The program involves supporting the whole family unit when challenges or difficulties stemming from a variety of sources negatively impact the family's ability to function in a healthy manner.

The support offered by Whitsunday Counselling & Support uses trauma informed practice and is:

- Family-focused
- Strengths based
- Inclusive

The therapeutic support offered to families could involve early intervention strategies and facilitating activities that assist them to deal with issues and maintain family functionality.

Our family-focused counselling program may assist families impacted by:

- Grief and loss
- Substance misuse
- Mental health
- Trauma
- Attachment difficulties
- Abuse or neglect
- Family breakdown

HOW WE CAN SUPPORT FAMILIES

We assist parents in developing effective parenting skills to create positive and rewarding family relationships. We provide support, information and education to parents wishing to develop and/or enhance a broad range of parenting skills. This may include:

- Day-to-day parenting
- Increasing the families sense of belonging
- Recognising and building on family resilience
- Child to parent conflict issues
- Communicating with children
- Time management
- Establishing routines, roles and responsibilities
- Child development

ACCESSING THIS PROGRAM

The Specialist Family Support Program is a free program with a provision period of up to 12-months. It is completely voluntary, and families are welcomed to self-refer to the program.

If you decide to participate in our program, please phone or present to our office. Support staff will arrange a meeting with a program representative.

*Supporting the family unit
for a brighter future*



ABOUT US

Whitsunday Counselling & Support Inc. are a not for profit community based organisation offering a range of free and confidential services, provided in a safe and respectful environment.

We recognise diversity and aim to provide an inclusive service.

REFERRAL PROCESS

To refer to the service, please phone or present to the office during office hours.

Other agencies and services can request a referral form on behalf of an individual to assist in accessing our services by emailing:

intake@whitsundaycs.com.au

EMERGENCY NUMBERS

Emergency	000
QLD Sexual Assault Service	1800 010 120
National Sexual Assault, Family & Domestic Violence Counselling Line	1800 737 732
DV Connect	1800 811 811

SUPPORT NUMBERS

Lifeline	13 11 14
Kids Helpline	1800 551 800
Men's Line	1800 600 636
1800 Respect	1800 737 732
Parentline	1300 301 300
Policelink	131 444
Homeless Hotline	1800 474 753

LOCATIONS

CANNONVALE

Hours: Monday to Friday, 9:00am - 5:00pm
Address: Shop 1, Cannonvale Square,
157 Shute Harbour Road, Cannonvale

BOWEN

Hours: Monday to Friday, 8:00am - 4:00pm
Address: Shop 3, 38 Herbert Street, Bowen

OUTREACH AREAS

Proserpine: By appointment only
Hamilton Island: By appointment only
Collinsville: By appointment only

CONTACT US

Phone: 07 4946 2999
Email: admin@whitsundaycs.com.au
Postal: PO Box 65, Cannonvale Qld 4802



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- Department of Children, Youth Justice and Multicultural Affairs
- Department of Justice and Attorney General
- Department of Housing and Public Works (Qld)
- Department of Communities, Housing and Digital Economy

