



## How you can volunteer?

**Family Support Volunteer** – Volunteers provide a home visiting service to assist with increasing self-esteem, reducing social isolation and support with parenting. Volunteers receive extensive training, ongoing supervision and professional development. A weekly commitment is required.

**Meal Roster** – Volunteers prepare home cooked meals (kosher if possible) for clients during difficult periods.

## What the program offers volunteers?

- The opportunity to make a real difference to a family in the community
- Volunteer training and support
- Opportunity to give back to the community



## Who to contact?

**FirstCall JewishCare**  
**1300 133 660**

or email [familysupport@jewishcare.com.au](mailto:familysupport@jewishcare.com.au)

## JewishCare provides

- Community aged care for older people living in their homes
- Services for people with disabilities
- Services for children and families
- Mental health services
- Information about community services, referral and case work

Bequests and donations are a vital part of our funding. Make a significant difference to someone in need .

**Please call Maureen on 9302 8003**

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JewishCare is a member of  
the JCA family of organisations



# Family Support

## Strengthening Families





## What is the Family Support program?

JewishCare's Family Support program assists families with children who are facing issues such as:

- Family breakdown
- Domestic violence
- Parenting difficulties
- Social isolation
- Illness
- Learning difficulties
- Depression and mental health
- Substance abuse
- Hardship and financial crisis

The program offers a range of services which are focused on encouraging and developing positive relationships within families and promoting environments which value, nurture and protect children.

We also assist families from non English speaking backgrounds.

## What can the program provide?

Comprehensive case management and advocacy services by the professional staff of JewishCare.

Each family is individually assessed in order to determine the most appropriate services which will best meet their needs. These services may include:

### **Case Management and Advocacy** –

Professional case workers work with families to assess, plan and implement case plans to strengthen families.



**Domestic Violence** - Response and Prevention - The program's case workers specialise in assisting women and children experiencing domestic violence. As a first priority we aim to ensure the safety and wellbeing of women and children. Advocacy, referrals and some financial assistance are available in urgent situations.

**Counselling** – is available at JewishCare. Families can also be referred to another professional counselling service for family or individual counselling.



**Outreach Support** - This home-based service, aims to help overcome social isolation, develop parenting and child care skills and increase the self-esteem of children and adults.

**Volunteers** - Volunteers play a vital role in this program. The volunteers are trained and supervised to support JewishCare staff to help families who are experiencing difficulties.

**Hardship Assistance** – The program can provide short term food parcels, home cooked meals (kosher available) and information about resources available for families. Financial assessment and referral are also available.

**Referrals** –The program can refer families to other sources of specialist help and support them through the process.

### **Other services provided include:**

**Community Education** – Where appropriate the staff will involve families in short courses on interpersonal relationships, parenting, self-esteem, communication, developing attachment and play with children, money management and other relevant issues.

**Support groups** – The program runs regular groups on topics including domestic violence, parents with special needs, grandparents as carers, groups for children and teenagers.