

If you think *Nambour Good Beginnings* could be of benefit to you or someone you know then please read further.

- Our program is situated in Nambour
- We are a strictly confidential service run through the Nambour Community Centre.
- Participation is completely voluntary
- To be eligible you need to have a child or children in your family who is under 8 years of age and live in the Nambour or surrounding district. (This includes Yandina, Montville, Mapleton, Woombye, Kenilworth and Palmwoods).
- All of the volunteers are screened and trained by our professional staff.
- We also offer a range of group activities including parent mornings, a supported playgroup, and parenting courses.

If you want to know more then please phone our office by contacting **54764933**. We are happy to talk with you confidentially and answer any of your questions or concerns.



Nambour Good Beginnings

2 Shearer Street
Nambour

Ph: 5476 4933

Email: nambourgb@flexinet.com.au

Senior Family Support
Worker:
Belinda Irvin

Family Support Worker:
Anna Peters

Administrative Assistant:
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Nambour Good Beginnings is a program of the Nambour Community Centre Inc with support from Queensland Department of Communities and Australian Department of Families, Housing, Community Services and Indigenous Affairs.



Children grow
from good
beginnings

**Support for
parents in the
important role of
raising healthy,
happy children.**

**Nambour
Good Beginnings**

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Every child deserves a good beginning!

Nambour Good Beginnings is a family support program. We are concerned with helping parents during the early days of parenting.

Parenting can be demanding and involves many challenges on a day-to-day basis. We can often feel overwhelmed or alone in the process. *Nambour Good Beginnings* aims to support parents to build confidence in their parenting role.

What is Nambour Good Beginnings?

Nambour Good Beginnings is a family support program that promotes healthy family relationships.

The services that *Nambour Good Beginnings* offers are briefly described below;

The **Family Support service** provides professionally trained workers who can individually support families.

Parenting courses such as P5 and AAA are regularly offered to make parenting an enjoyable experience. These courses focus on the communication and relationships skills that are central to healthy family relationships.

The **Volunteer Home Visiting service** can provide parents with weekly 'in home' contact with a trained volunteer who has their own experiences of being a parent to draw upon.

'Playtime' Playgroup meets weekly to give families a fun place for children and parents to interact and play.

Nambour Good Beginnings can provide **Information, Referral and Linkages** to a variety of family support programs and more broadly, community services that operate on the Sunshine Coast.

Is Nambour Good Beginnings for you?

Reasons you may consider participating with *Nambour Good Beginnings*;

- * You would like to improve your relationship with your child
- * You would like to manage emotional situations more effectively
- * Are you pregnant and would like to get some information about the birth of your baby?
- * Have you recently moved to the area and don't know many people?
- * Have you, or are you suffering from depression?
- * You have aspirations for your family and their relationships that you would like to discuss with someone.
- * You often feel overwhelmed, stressed or tired in your parenting role?

If you answer 'Yes' to any of these questions then *Nambour Good Beginnings* may be a source of support to you.