

CHILDREN & FAMILIES

We're there for your whole family – from the oldest to the youngest, from the most easy-going to the crankiest. And we don't just help you solve problems. Sometimes we just improve life. Call us on 1800 132 260.

Aboriginal Health Service
(Tasmanian Aboriginal Centre)

56 Patrick Street Hobart
Tasmania 7000
Ph: 03 62 34 0777
Fax: 03 62 34 0770
Email: hobart@tacinc.com.au

182 Charles Street Launceston
Tasmania 7250
Ph: 03 6332 3800
Fax 03 6332 3899
Email: launceston@tacinc.com.au

53 Alexander Street Burnie
Tasmania 7320
Ph: 03 6431 3289
Fax 03 6431 8363
Email: burnie@tacinc.com.au

Statewide Freecall 1800 132 260



Children & Families



FAMILY LIFE NOT ALWAYS EASY?

Worried about the bills piling up?
Feel like you can't cope?



It's your Aboriginal Health Service. Better health and wellbeing for the Aboriginal community in Tasmania.

Let Us Help You Sort It Out

Family life can be a very complicated business. Family members of all ages have their problems; and as day follows day, problem can follow problem until you're not sure if you can cope any more. Sometimes we just give up trying, and let everything slide. But that makes it worse. Before you're tempted to give up, come and see us at the Aboriginal Health Service's Children and Families service – or give us a call and we'll meet you – confidentially.

Parenting Can Be Hard At Times

If the children are getting too hard to handle at times, we can give you some good practical support. We can help you with new ways of managing your children, so you can really enjoy your job of being a parent. Whether you have babies, toddlers, young children or teenagers, we can listen to your concerns and help you to manage.

If you think your child's behavior might be cause for real concern, we can help organise a medical or psychological assessment, and assist you with follow up. If child protection has been involved we can support you to keep your kids at home, or help you to get them back to a safe and supportive home environment. Some families have found our referrals to a children's counsellor to be a help. We can also help you deal with problems the children may be having at school.

Other Family Relationships

These and all kinds of other things can cause strains on your family relationships, and we can help there too. If you're not getting on with anyone else in your family, or you feel that they're not getting on with you or with one another, ask us about counselling or mediation. Our counsellors have seen everything. Nothing will shock them, and the fact that they're not directly involved means that their advice has no strings attached, and is worth listening to.

And if you are in an abusive relationship, we can listen, and give you some options for getting more out of life for yourself and your children.

Respite Care

If you are going through a really hard time and it all gets too much, see us as soon as you can. We understand what you are going through and we can often organise respite care for your children so you can have a break and get on top of things. The earlier you let us know that things are becoming too hard, the earlier we can provide support to help. If you would like to become a respite carer yourself, give us a call. We provide training and support, as well as an allowance.

Money Problems

Money has its own set of problems. There is rent to pay, grocery and power bills, store repayments, clothing... the list seems to go on forever, especially as kids are growing up. It's as if every week they grow out of the clothes and the attitudes they had last week. We can help here too, with budgeting advice, moral support – and sometimes just by being there. If your gambling has moved from being a fun pastime to controlling your budget, then we can help there too.

Dealing With Other Business

Sometimes you might need us to go and talk to someone on your behalf – or come along with you to meet other agencies – such as housing, Aurora, or Centrelink, for example.

Whether it's your children, debt, or depression or whatever, talk to the children and families service. We'll not only listen – we'll help you to take control of your life.

Anything you tell us is strictly confidential, so you don't need to worry about the world knowing you're having trouble. And talking to us can lead to other things. We can put you onto other services that will help with things like kids' health and learning, behaviour problems and the like. Talking to us puts you in touch with everything the Aboriginal Health Service offers, and more.