

THE CANOPY FAMILY TIME SERVICE

How do I make an appointment?

Appointments can be made with the Cameron Park Office. Alternatively, referrals can be made directly with Family Time's Coordinator. Please contact The Canopy for contact details

Please contact the office for open hours and appointment availabilities.

Cost

Family Time is a fee for service. For information around prices please contact the Canopy Office

What else can Family Time offer?

- Family Time offers a range of other supports such as parenting groups, community activities and referral services so that families and communities feel supported going through change and separation.
- Family Time understands that every family has different needs. Due to this Family Time is flexible and has the ability to cater to a variety of needs for families and children.

IS LOCATED AT:

CAMERON PARK

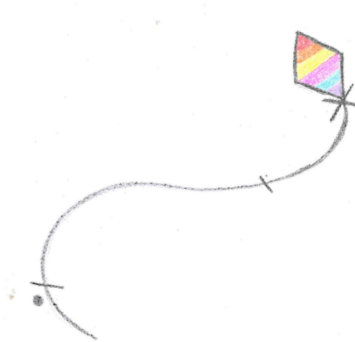
Phone: 02 4908 1140

107 Northlakes Drive, Cameron Park, NSW 2285



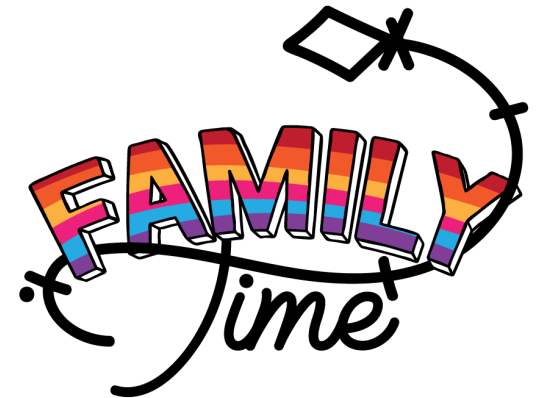
Office Hours:

Monday to Friday 9am—4pm



Website: www.thecanopy.org.au

THE CANOPY'S CHILDREN'S CONTACT SERVICE





The Canopy is a not-for-profit organisation that provides child, family and community development services in the Newcastle and Lake Macquarie areas.

What is Family Time?

Family Time is The Canopy's Children's Contact Service that provides specialist support for children and families during separation matters. Family Time assists with strengthening relationships and facilitate changes within a family.

Family Time provides a safe environment where children can explore and create positive connection during complicated and stressful situations. Family Time develops parenting skills and provides therapeutic intervention so that parents and children will feel empowered and connected.

What Services does Family Time Provide?

Family Time operates in the following (not limited to):

- Supervised Contacts
- Supervised Changeover and Change back
- Parenting Groups
- Referrals
- Case Management & strengths based
- Collaboration and Partnerships with other support services

What can I expect?

Family Time operates from a child-focused basis where the needs and voices of children are the priority. The Canopy understands that family separation is complicated and extremely distressing for families and children. All parents and family members will be treated with equal respect and dignity. Family Time support parents and other adults to be empowered and create strategies post family separation. Family Time aspires to ensure contact services are pleasant for the children and the parent.

How Family Time can help the child:

- The children will be in a safe, enjoyable and comfortable environment.
- Reduced exposure to conflict and tension.
- Reduction of behavioural conflict.
- Support for the child's emotional and psychological development.
- Establish a routine to reduce emotional distress

How Family Time can help the parents:

- Focus on the child-parent relationships.
- Therapeutic interventions around grief & loss and behavioural challenges with the children.
- Reduced conflict with ex partner.
- Children are able to keep a positive relationship with the parent who they are no longer living with.