

Communities for Children Facilitating Partner Capricorn, QLD Program Overview 2024-2025



Enhancing the wellbeing of children and families

Priority areas

- Children thrive in their early years; and families and households are safe.
- People enjoy long and healthy lives; and children are born healthy and strong.
- Children are ready for school; succeed at school; stay in school; and reach their full potential.

Communities for Children Facilitating Partner (CfC FP) is placed based and develops and facilitates a whole of community approach to support and enhance early childhood development and wellbeing for children aged from birth to 12 years.

The Smith Family has been the CfC FP in the Capricorn region since 2011. Capricorn CfC FP works with local organisations to empower and support a strong, child friendly community. We build on local strengths to meet local community needs and facilitate the delivery of a range of services designed to improve outcomes for children aged birth to 12 years and their families.

The Capricorn region consists of Rockhampton Regional Council and Livingstone Shire Council areas.

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Community Partners are funded to deliver services within the Capricorn Region for children aged from birth to 12 years and their families.

YOUNG CARER PROGRAM

The Young Carer Program supports young carers aged 8 to 12 years through the Friends for Life and My Friends Youth programs. These are structured, 10-week group-based programs that teach children resilience, self-esteem and emotional skills such as coping with stress and worry, developing social skills, recognising and regulating emotions in self and others, positive thinking and problem solving.

A Young Carer Retreat will reinforce the learnings received from participation in It's All About Me, equipping young carers with essential life skills whilst further supporting their social connections and participation.

Community Networking Events will also be delivered to increase awareness of carers, particularly young carers. These events will help to cultivate a community that acknowledges and understands the responsibilities of carers and assist with appropriate referrals to support young carers.

Community Partner: Carers Queensland

Service delivery area: Capricorn Region

Eligibility: Young carers aged 8 – 12 years

Contact: Kirsten Rider, 1300 747 636,
carerprogram@carersqld.com.au



STRONG CONNECTED & HEALTHY FAMILIES

Strong Connected & Healthy Families supports parents and caregivers through a variety of programs.

Circle of Security Parenting is an 8-session program that promotes secure parent-child attachment. Focusing on the parent-child relationship and the child's emotional needs.

CQ Dads for Kids is a program for dads delivered online or on weekends. This program includes Circle of Security Parenting and additional healthy relationships education.

Tuning into Kids is a 6-session evidence-based program that assists parents to build their child's emotional intelligence, to create calmer homes and healthy managing of emotions.

Play & Connect events will be held during school holidays to connect with families in the community in a safe, supportive, nurturing, and interactive way. Events provide a soft entry opportunity for families to engage with child and family support services.

Community Partner: Strong Communities Ltd.

Service delivery area: Capricorn Region

Eligibility:

- Circle of Security Parenting Tuning into Kids
 - * Parents and caregivers of children aged birth – 12 years
- Tuning into Kids
 - * Parents and caregivers of children aged birth – 12 years
- Play & Connect
 - * Families with children aged birth – 12 years

Contact: Natalie Piper, 0433 019 172,
admin@strongcommunities.org.au

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CAPRICORN LIFE ED

Capricorn Life Ed delivers age-appropriate health, wellbeing, and safety education modules. Healthy Harold modules focus on physical health and social/emotional wellbeing including nutrition, tobacco and vaping, personal and cyber safety. Talk About It modules focus on sexual health, healthy relationships, and protective behaviours.

Community delivery will provide flexibility for sessions to be delivered to children and their caregiver/s outside of the school environment at family-friendly community venues and events.

Community Partner: Life Ed Qld

Service delivery area: Capricorn Region

Eligibility: Children aged 5 – 12 years in participating schools or community events

Contact: Secretary CQLEC, 0403 982 031, secretary@cqlec.org.au

CAPRICORN DADS GROUP

Capricorn Dads Group helps fathers and father figures build positive bonding connections with their children and partners.

Community Dads Groups are peer support groups that encourage positive social connection between father figures and their children, their partners, and others in community, as well as enhancing help-seeking behaviour. Community Forums will support these by providing an opportunity for father figures to connect in a safe, enjoyable social setting.

Digital Dads Groups further support fathers and father figures, providing father focused resources and pathways to support as well as connection for those who are geographically or socially isolated.

Community Partner: Dads Group

Service delivery area: Capricorn Region

Eligibility: New and expectant fathers/father figures

Contact: Blair Keeble, 0402 474 869
blair.keeble@dadsgroup.org

CAPRICORN CONNECT AND PLAY

Capricorn Connect and Play supports families with young children through play-based learning programs and parent information workshops.

Connect and Grow is a 16-week facilitated playgroup for families with children aged birth to 5 years utilising the evidence-based Abecedarian Approach Australia (3a) to build parenting capacity.

Step into Prep is an 8 to 16-week school preparation program for children aged 4 to 5 years delivered in primary schools in Terms 3 and 4 that utilises 3a strategies to promote school readiness.

Parent workshops delivered throughout the year will further help to increase parent knowledge and confidence around their child's transition to school and the development of social and emotional skills.

Community Partner: Play Matters Australia

Service delivery area: Participating playgroups and primary schools, and various community locations in the Capricorn Region

Eligibility:

- Connect and Grow
 - * Families with children aged birth – 5 years
- Step into Prep
 - * Families and children aged 4 – 5 years
- Parent Workshops
 - * Parents and caregivers of children aged birth – 5 years

Contact: Simone Bacon, 0497 081 586, capricornconnectandplay@playmatters.org.au



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NURTURE & GROW

Nurture & Grow consists of INFANT and Infant Massage programs and aims to enhance the health and wellbeing of families and the development of young children through support and information.

INFANT (Infant Feeding, Active play and NuTrition) supports new parents and caregivers with feeding, nutrition and active play and consists of four group sessions, delivered when children are around 3, 6, 9 and 12 months of age.

Infant Massage will support the INFANT sessions, aiming to improve parent-child attachment, increase parental ability and confidence, and promote behaviours that ensure healthy child development.

Parents and caregivers will also be provided access to the My Baby Now app to embed knowledge and skills regarding healthy eating and child wellbeing.

Community Partner: Benevolent Society

Service delivery area: Gracemere and Mt Morgan

Eligibility: Parents and caregivers with children aged birth – 12 months

Contact: Michelle Hamilton, 0422 684 896, GMM.EarlyYearsPlace@benevolent.org.au

CARE & STABILITY

Care & Stability supports families with young children through the Care and Connect and Steps to Stability programs.

Care and Connect is an 8 to 10-week program that promotes parental wellbeing and confidence through participation in play-based group activities focused on parental emotion regulation, self-care strategies and parent-child connection.

Steps to Stability is a 10-week program that seeks to improve family connection, reduce household financial stressors, and increase parents' capacity to provide a positive environment for their children.

Community Partner: Roseberry Qld

Service delivery area: Capricorn Region

Eligibility: Parents and caregivers of children aged birth – 8 years

Contact: Colleen Cunningham, 0448 096 558, colleen.cunningham@roseberry.org.au



Contact Us

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