

# Coffs Harbour Family Law Pathways Network (FLPN) NEWSLETTER

Issue: 15 / July 2013



Australian Government



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The Coffs Harbour Family Law Pathways Network is funded by the Attorney General's Department to improve collaboration and coordination between organisations operating in the Family Law system, so that separating families obtain the most appropriate services.

## FLPN plans for 2013-2014

The Coffs Harbour FLPN Steering Committee met last month to map out the key activities and events for the coming year. You'll be pleased to know that we'll be holding on to lots of the things that have worked this year including:

- Specific and targeted sessions on topics that we all grapple with in our roles
- The annual conference (save the date: Friday 16 May 2014)
- Quarterly newsletters with information, tools, resources and local updates
- The committee also want to continue to hold at least one session in both Grafton and Macksville again this year.



Some new initiatives for the coming year will include:

- Trialling an information and referral kiosk for parents at the Federal Circuit Court on key sitting dates
- The Attorney General's Dept has just amended the guidelines to permit FLPN's to have an online presence including our own website that should make it easier to share information, book in for events, find services and access newsletters.

Although we'll have a new Project Officer joining the Network soon (Jacquie is heading to Canberra for a couple of years) we'll have continuity with Jane Corcoran kindly agreeing to stay on as Chairperson for another year and Gene Roche as Deputy Chairperson. Stay tuned for more information about upcoming events.



Would you like to make a **contribution** to this newsletter?

Email the Project Officer at [chip-scoffs@gmail.com](mailto:chip-scoffs@gmail.com) or call 0438 115 758

### FAMILY LAW PATHWAYS NETWORK—STEERING COMMITTEE MEMBERS

Chair: Jane Corcoran (Legal Aid NSW), Deputy Chair: Gene Roche (Family Law Practitioners Association), Sylvia Georgi (Family Relationship Centre), Barry Walker (Mediation Solutions), John Reynolds (Building Stronger Families), Faye Goodwin (Aboriginal Family Wellbeing Service), Marcie Payne (Gurehlgam Corp.), Barry Guidera (Dads in Distress), Julie Perkins (Aboriginal Legal Service), Glen O'Hara (Interrelate Family Centres).



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## Annual Conference Friday 17 May 2013 Working with Families in Intractable Conflict

Over 150 delegates attended the annual Coffs Harbour FLPN Conference at Opal Cove recently to hear a number of outstanding presentations about how we can best work with parents who are stuck in conflict. All sessions were rated highly by delegates with Dr Peter Krabman's session on working with children the highlight for many! When asked what you enjoyed most *"Every speaker - great food - Fantastic Conference. Best I've ever been to!!!"* and when asked what we could do better next year: *"have as many innovative speakers as you had this year - thank you!"*, *"I am so glad I came this year. Just keep up the good work - very high standard and best \$50 I've spent in a long while!"*, *"I have no suggestions - the speaker line up was fantastic, topic was excellent and relevant"*



Gene and Sylvia from the FLPN Committee welcome delegates on arrival with a showbag, name tag & a smile!



Jane, Vince, Marc and John from Interrelate Family Centres share a cuppa



What happens at the conference, stays at the conference!



Conference speakers Dr Peter Krabman (Child & Family Psychiatrist) & Bill Hewlett (Relationships Aust)



Professor Gordon Parker from the Black Dog Institute



Networking in the breaks—a great chance to reconnect with colleagues!

## Research, reports and resources

### Motivational Interviewing for “Resistant” Families

Practitioners working with parents with multiple and complex problems may be met with ambivalence and resistance.

Motivational interviewing (Miller & Rollnick, 2004) is discussed in this paper as a way to engage and motivate parents to make changes that increase the safety and standard of care for their children. [Source: CFCA]

Read more [HERE](#)



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### New Victims of Crime Support Scheme

The NSW Attorney General has announced a new victims support scheme that will result in victims of violent crime receiving faster and more effective assistance.

The new scheme provides a coordinated approach to information, support and referral, with an emphasis on immediate assistance and access to free counselling. It will assist victims with urgent needs such as medical and dental treatment, home security upgrades or for crisis accommodation to avoid further violence.

Find out more about the changes [HERE](#)



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### Helping Parents talk to their kids about drugs

The Australian Drug Foundation (ADF) has launched a new resource – a site that assists parents to have ‘The Other Talk’ with their children about alcohol and other drugs. The new resource is a first port-of-call for families, with information that can make the discussion easier.

The new initiative provides parents with all the information they need so they feel confident to talk openly with their kids about alcohol and other drugs. One of the resources includes an SMS service that provides parents and young people with information about particular drugs, instantly.

Access the website [HERE](#) or at <http://theothertalk.org.au/>





## Conferences

### National Suicide Prevention Conference 2013

24 – 26 July 2013, Melbourne

The theme of this conference is Collective Impact: Partners in Prevention. The conference will highlight new approaches to suicide prevention, and showcase the new strategic direction of the suicide prevention sector – collective impact. More information [HERE](#)

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### Journey to Recovery: The International Conference of Attachment and Trauma Informed Practice

13-14 August 2013, Melbourne

With Trauma Informed Practice becoming increasingly seen as best practice in work with survivors of trauma, this conference is an opportunity to share experiences and reflect on practice and research into recovery-oriented approaches from an attachment and trauma informed perspective. More information available [HERE](#)

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### The MHS Conference

20-23 August 2013, Melbourne

Changes in mental health services, including new policy directions, activity-based funding and the National Disability Insurance Scheme (NDIS), will significantly reshape the mix of mental health service providers and influence how service delivery occurs. This conference will discuss and debate these challenges. Click [HERE](#) for more

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### Recovery from Childhood Trauma and Mental Illness

14 - 15 October 2013, Wyong

This international conference will provide a forum for professionals to discuss and share their knowledge in how best to treat and support clients who are survivors of childhood trauma and abuse. Click [HERE](#) for more

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### National Men's Health Gathering

22-25 October 2013, Brisbane

This conference will incorporate the 7th National Aboriginal & Torres Strait Islander Male Health Convention, the 10th National Men's Health Conference, and the Men and Vulnerable Families Forum. Themes for the conference include: Building Male Friendly Preventive Health Strategies; Male Stages of Life; Male identities and vulnerable groups; Creating well trained and male friendly workers in the field; Building a stronger men's health and wellbeing policy base; and Men and Cancer. Find out more [HERE](#)

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### FRSA National Conference

5-7 November 2013, Canberra

Click on the image to find out more or visit:

[www.frsa-conference.org.au](http://www.frsa-conference.org.au)





## Local events & activities

### NAIDOC Week

Coffs Harbour will again host a fabulous array of events in recognition of the first peoples of Australia, the Aboriginal and Torres Strait Islanders during the 5—12 July 2013. Have a look at the range of activities [HERE](#) and make a point of getting involved this year and celebrating the rich Indigenous culture our of region.



### National Homeless Person's Week

Coffs Harbour Housing & Support Forum have organised some fabulous activities including an expo of housing services working with homeless people in our region. If you'd like to host a table and be involved, contact Meena on 6691 0115.



### Starting School Seminars

Associate Professor Alma Fleet will be running a seminar for families on 18 July at Club Coffs (see flier attached) and will also be running a training session for professionals on 'Best practice in transition to school'.

To find out more visit <http://midcoastcommunities.org.au/training-events/>



### Term 3 Parenting Courses (Cranes Community Support)

Cranes offer a range of fabulous **FREE** programs and courses for parents in the Grafton area (see attached).

But did you know that they are available to do any of these workshops free in your community or for your service, anywhere between Iluka and Macksville. Programs include confident parenting, attending to stress, understanding your child's brain, self-esteem, assertiveness and communication coping with conflict, responding not reacting.

Contact Mary Cutts on 66427257 or [mcutts@cranes.org.au](mailto:mcutts@cranes.org.au)



## Home Energy Saver Scheme (HESS)

Winters here and power bills are increasing as we try and stay warm.....

Did you know that our region now has access to free home visits that can help families with:

- information about easy and affordable ways to use less energy in the home
- one-on-one budgeting assistance
- information on whether you are getting the right rebates and assistance
- help to understand your energy bills and the energy market
- advice, advocacy and support
- links to other services that may be able to assist you, and
- help to access no or low interest loans and the Subsidy Scheme to purchase energy efficient appliances.



If you'd like more information about the HESS or would like to refer a client contact Lisa, the Coordinator on 6643 4844, or the HESS Helpline on 1800 007 001 or go to [www.fahcsia.gov.au/hess](http://www.fahcsia.gov.au/hess) .

This is a free service and Centrelink or Health Care cards are not needed.



*Free*  
**Starting School  
Seminar for Families**



Is your child starting Kindergarten next year  
or the year after?

Would you like some practical hands on ideas and  
activities to help you and your child  
prepare for school?

Do you have questions about your  
child starting school?

Come along and meet representatives from local  
schools and hear from guest speaker  
Associate Professor Alma Fleet.

Free Children's Activities.

Club Coffs (formerly Catholic Club),  
on Thursday 18th July, 4.30-6.30pm

For more information ask the staff at your  
local Early Childhood Centre.



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## FAMILY RELATIONSHIP SKILLS PROGRAM Term 3 2013



### Responding Not Reacting Monday Mondays 2<sup>nd</sup> & 9<sup>th</sup> September

9:30am – 12:30pm

Pullen Centre Grafton

Understanding children's needs, balancing their needs and yours. Having realistic expectations.  
Listening and focusing.  
Understanding your reactions.

### Attending to Stress

Thursday 19<sup>th</sup> September

9:30am – 2:30 pm. Free lunch.

St George Building, 32 Prince St, Grafton.

Fun, relaxation, creativity.

Understanding effects of stress.

Developing a plan to attend to stress.

### Knowing My Mind.

Monday 16<sup>th</sup> September

9.30-2pm. Free lunch

Pullen Centre Grafton

A workshop about self esteem, assertiveness and good communication.

Knowing and communicating who I am, what I can do, what I can't do (boundaries) and what I am about (values), in ways others can hear.

### The Family Relationship Skills Program

#### aims to:

reduce the levels of stress experienced within families. Group facilitators work from a strength based model. They provide an opportunity to reflect on experiences, be heard and responded to, learn from others, attend to isolation and develop new skills.

The program operates across the Clarence, Bellingen and Nambucca Valleys, and the Coffs Harbour local government area.

*Program facilitators acknowledge the Bundjalung,*

### Coping with Conflict.

Mondays 22<sup>nd</sup>, 29<sup>th</sup> July & 5<sup>th</sup> August

9.30am-12.30pm

Pullen Centre Grafton

#### Strategies for difficult conversations

For parents of adolescents, couples, co-parents, multi-generational and blended families.

How do you do conflict? Fight, flight fix or flow?

Understanding your reactions

Listening, speaking up, accepting difference, standing strong in yourself.

### Confident Parenting

Thursday 25<sup>th</sup> July & 1<sup>st</sup> August

9.30am – 12:30pm

Pullen Centre, 3-7 Prince St, Grafton

Parents to identify the values they wish to teach their children and use them to develop simple family rules.

Confidence, consequences and consistency.

### Understanding your Child's Brain.

Thursday 15<sup>th</sup> & 22<sup>nd</sup> August

9.30am- 12:30pm

St George Building, 32 Prince St, Grafton

Why tantrums, talking back and tidying up provide challenges for parents.

How to building resilience and self esteem for your children.

Contact FRSP  
6642 7257

All courses and  
workshops free.

Free child care.  
Bookings  
essential.

