



# Engaging Families

Helping families in Cardinia experiencing family violence and alcohol and other drug harms or mental health challenges.

Engaging Families is a **free** program that works with families in Cardinia Shire with children under 12 to:

- Increase safety from family violence
- Manage drug and alcohol related concerns and mental health
- Identify their unique strengths, needs, goals and the supports available in the community to help work towards them.



## What happens in the program?

First we will get to know you and your goals during intake. We will work together to come up with a tailored plan that suits you.

This may include:

- Counselling
- Care and recovery (making a plan that brings together the services who can help in the areas you want to change)
- Case management (working with you on alcohol, drugs, family violence and mental health)
- Safety planning, family therapy and group work for family violence
- Parenting support.

## Where can we meet you?

Engaging Families is a program especially for families living in the Shire of Cardinia - so we can see you somewhere safe locally. We also work at Windermere in Pakenham.



### Need more information or want to make a referral?

Engaging Families is delivered in partnership with Windermere. To refer yourself or your client to the program, contact Windermere at:  
[www.windermere.org.au/services/engaging-families](http://www.windermere.org.au/services/engaging-families)  
or on **1300 946 337**

Family violence support is available 24/7 by calling Safe Steps on **1800 015 188** or visiting [safesteps.org.au](http://safesteps.org.au)  
Cardinia Communities for Children is funded by the Australian Government Department of Social Services. Visit [www.dss.gov.au](http://www.dss.gov.au) for more information.