



Family Support Program

What is Family Support Program?

We work with families and individuals to help build stronger relationships. We draw on family focused practices to enable you to work together through challenges and difficulties. We provide professional and non-judgemental services within a safe, caring, and supportive environment.

All families are different. The Family Support team will respect your rights, beliefs, values and culture. We will listen to, and act on your choices about your needs and goals. We will work together with you to achieve the best outcomes for your family.

Services available

- Counselling for children/adolescents
- Family counselling/mediation
- Family/parenting support
- Home appointments (on assessment)
- Individual sessions/support
- Information and referral
- Advocacy

Services are provided in the Cairns North, Cairns West and Cairns South areas.

Contact Details

Family Support Program

P.O. Box 11, Bungalow 4870

T: (07) 4050 4955

E: fsp.cairns@uccommunity.org.au

What we can assist with

- Parenting concerns/strategies
- Family conflict
- Parent/child relationships
- Behavioural management
- Coping with difficult times
- Stress management
- Anxiety and depression
- Anger management
- Grief and loss
- Managing bullying
- School refusal
- Keeping children safe from harm
- Self esteem

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